

# COSMOPOLITAN

APRIL 2015

## GIRL ON TOP

The Key to Your  
Next Greatest  
BIG "O"!

### *#IHateHer*

Is Your Ex's New GF  
Turning You Into  
a Mean Girl?

## LOOK HOT ON THE GO!

*(Your Ultimate  
Fashion & Beauty  
Packing List!)*



### ANNE CURTIS

10 Things You Need  
to Learn From Her  
About Making  
Your Dreams  
Come True

### COSMO TRAVEL SPECIAL

Just Pack Your  
Bags and Go!

### Get Home Safe!

This Story Can  
Save Your Life

### WHAT TO TEXT HIM NEXT

Your Cosmo  
Digital Flirting  
Manual

# Anne Curtis

## Princess of All Media

### #WorldClassFilipina

Anne Curtis was born to reign supreme. She amazes the country with her unmatched beauty, exceptional talent, and limitless positivity.

#### International Movie Actress

Anne Curtis' big break in the television series *Kampanerang Kuba* changed her life when she landed the lead role. She showed Filipinos her talent when she starred in the film *No Other Woman*, which became one of the highest-grossing films in the Philippines. Her performance in the film won the Pinakapasadong Aktres at the Gawad Pasado Awards and Best Actress at the FAMAS Award. Anne took her acting skills to the next level when she landed the lead role Crystal in the independent American film *Blood Ransom* in 2014. To add more to her all-encompassing portfolio, Anne was also nominated as the Favorite Asian Act Award in the 27th Nickelodeon Kids' Choice Awards 2014. This annual awards show honors the biggest celebrities from television to music acts from all over the world.

#### Social Media Maven

The Princess of All Media dominates the social media limelight with her 2.8 million followers on Instagram and over 5 million followers on Twitter. With her fun, stylish, and inspiring posts, she is able to attract local and international followers who consider her a bona fide social media influencer. Late last year, she was even included in a book produced by Twitter titled *Tweets from the Top* and was recognized by Time Magazine as one of the 50 Smartest Celebrities on Twitter. She even plunged into the world of blogging in 2014 when she launched *anne.ph*, a blog filled with Anne Curtis' travel diaries, style inspirations, food adventures, and life hacks. Without a doubt, Anne Curtis deserves the throne of the Social Media Queen.

**Superior beauty,  
exceptional ability, and  
the winning confidence  
to conquer the world  
stage—these three things  
capture the essence of a  
World-Class Filipina.**



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# Lea Salonga

# Multi-Awarded Performer

## #WorldClassFilipina

One of the most globally-recognized Filipinas, Lea Salonga is the country's greatest contribution to the international scene. She inspires other Filipinas to take their dreams to the world stage and proudly represent the country.

### International Theatre Star

Lea Salonga is the epitome of a world-class theatre star. At the age of 17, she fearlessly auditioned for *Miss Saigon* and landed the lead role. For this performance, she won the Laurence Olivier Award for Best Performance by an Actress in a Musical in 1990 and won the Tony Award for Best Actress in a Musical in 1991. This November, Lea will officially be back on stage for the Broadway production *Allegiance*. Truly unparalleled, the world can't wait to see more from the country's world-class gem.

### Globally-Acclaimed Singer

In 1992, Lea Salonga conquered the magical world of Disney in the animated feature film *Aladdin*, where she became the singing voice of Jasmine for the song *A Whole New World* with international singer Brad Kane. The world fell in love with her voice and she was invited to perform at the 65th Annual Academy Awards in Los Angeles. In 1998, she also became the singing voice of Fa Mulan for the song *Reflection* in the Disney animated feature film *Mulan*. Eventually, she became a Disney Legend in 2011 because of her relevant contributions to the company. She stunned everyone with her vocal prowess—and the world has never forgotten Lea's talent ever since.

With exceptional  
beauty, talent,  
confidence, anyone  
can be a World-Class  
Filipina.



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# Toni Gonzaga

# Multimedia Star

## #WorldClassFilipina

Host, singer and actress—Toni Gonzaga can be whatever she wants to be.

### Multi-Talented Star

Toni Gonzaga is one of the most well-loved and experienced hosts in the country. For years, she has been the face and voice of top-ranking programs like *Pinoy Big Brother*, *The Voice*, *The Buzz*, *ASAP*, and many more. Aside from her powerful hosting skills, Toni's 16 years in showbiz prove that she is also a gifted actress. She has starred in over 13 films and has been awarded as the Box Office Queen in 2010 for her movie *My Amnesia Girl*. She has teamed up with the biggest names in the business. Her stand-out on-screen presence and brilliant acting have proven her worthy of the world-stage.

### International Concert Performer

In 2010, she released her album *All Me* in Hong Kong, Taiwan, Malaysia, Singapore, Indonesia, Korea, and Japan. In 2011, she celebrated her 10th year in the showbiz industry with a major concert at the Smart Araneta Coliseum and in that same year, she received the Female Concert Performer Award from Guillermo Mendoza Memorial Foundation. From international album releases all over Asia to big concerts, the determined star proves that beauty, talent and persistence can take her anywhere. This 2015, she kicked off the year with an international solo concert, *OMG (Oh My Gonzaga)*, in Abu Dhabi. Accomplished and fulfilled, her beauty truly goes beyond limits.

**With Beyond  
Beautiful hair, I  
can confidently be  
anything I want to  
be and conquer the  
world stage.**



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# Heart Evangelista Extraordinary Artist

## #WorldClassFilipina

From a teen star, Heart Evangelista has evolved into an A-list celebrity and now an international visual artist who is ready to conquer the world stage.

### A-list Celebrity

With 15 successful years under her belt, Heart Evangelista is an effervescent superstar. Her versatility as a talented host, actress and model has gained her success in multiple television series, entertainment and lifestyle shows, movies, music videos and magazine features. She has already bagged numerous awards for various fields—Best Supporting Actress for *Mano Po 6*, Best Actress for the drama show *Hiram*, Celebrity Endorser of the Year in 2003 from Ivan Entertainment Productions: Circle of 10 Modeling Agency, and an Album Platinum Award at the Himig Handog Awards 2003. Motivated by these accomplishments, Heart continuously aims for bigger and bolder opportunities.

### International Visual Artist

Her exquisite renderings of women are visually arresting, and the international art world naturally took notice. Heart recently became the first Filipina painter to exhibit her work at the Chan Hampe Galleries in Singapore earlier this year, where many Southeast Asian art enthusiasts lauded her work. Heart Evangelista's beauty goes beyond limits, and she challenges Filipinas to dream big—and take their dreams to the world stage.

**Cream Silk  
empowers Filipinas  
to be confident,  
unstoppable, and  
limitless.**



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Now, great skin noticeably  
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## Meet our new skin-changer.

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Clinique dermatologists created the 3-Step System that is trusted by millions. Now, the Clinique sonic cleansing facial device transforms cleansing once again.

Clinique's spa-like sonic facial goes gentle on cheeks, gets deep into the T-Zone. Gently lifts the makeup, dirt and oil that traditional hand washing may miss.

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ANGELES CAGAYAN DE ORO CEBU DAVAO MAKATI MANDALUYONG MANILA MUNTINLUPA PARAÑAQUE PASAY QUEZON CITY SUBIC TAGUIG

A woman with long, wavy blonde hair is sitting on a light-colored windowsill. She is wearing a deep red, pleated, sleeveless dress with a V-neckline. She is looking directly at the camera with a neutral expression. The background shows a window with multiple panes, letting in soft, natural light. The overall mood is elegant and serene.

DRESS  
**1,950** PhP

**MANGO**

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# KAROLY

## SUMMER ELEGANCE

With an elegant profile and premium materials, the Karoly is a versatile summer sandal that perfectly blends form and function.

A tactile, washed linen finish lends a carefree look to this high-end sandal. Distinctive metallic crocodile branding and René webbing taken from the original 1963 style reference Lacoste's inimitable heritage. The mix of easily adjusted velcro strap and stylish wedge heel is a style-conscious and comfortable combination that works for any summer occasion.



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# NEVER HIDE



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## 10 Cult Beauty Products That Are Actually Worth It

There's a reason why these makeup products are always sold out.



## 11 Signs Your Girl BFF is The Only Relevant Person in Your Life

She is your sister, your boyfriend, and your worst enemy. You cannot live without her.

## 9 Signs You Need To Book a Ticket Outta Here

*"What do you mean I still haven't used my 15 vacation leaves?!"*



## 21 Reasons Why You Shouldn't Date

Sing it! *"I knew you were trouble when you walked in..."*



## Everything You Need To Know About Post-Grad Studies Abroad

You've always wanted to do this, but you have no idea where to start.



## Sunblock For Every Skin Type

Never leave the house without this!

CHARLES & KEITH

# AWAKENING

LENDING AN ELEMENT OF FINESSE ACCOMPANIED BY CONTEMPORARY APPEAL  
THAT BINDS THE LITHE MOVEMENTS AND VIVACITY OF YOUTH TO LIFE,  
IN A COLLECTION STRIPPED OF THE EXCESS.



1



2



3



4



5

1. OPEN TOE MULE      2. SLINGBACK SANDAL HEEL      3. DOUBLE STRAP MULE  
4. WRAP STRAP SANDAL HEEL      5. LACE UP LUCITE HEELS

# THE POWER OF A Dazzling White Smile

CHECK OUT HOW THIS INNOVATIVE BEAUTY PRODUCT CAN CHANGE YOUR LIFE INSTANTLY IN MORE WAYS THAN ONE.



1

## **Instant Beauty Boost**

Sure, your all-in-one creams and nifty little makeup tricks make you extra pretty, but nothing beats a smile as dazzling as diamonds that lights up your whole face. With Diamond Attraction's Blue Light Technology, you can show off those pearly whites in a big smile. And everybody knows that happy girls are beautiful girls!

2

## **Instant Power of Attraction**

Sexy stares and hair flips are so yesterday, ladies. Studies show that flashing a beautiful white smile is a more effective way to attract a guy. And take note that visibly whiter teeth is a total plus! Make that cute guy notice you instantly with Closeup Diamond Attraction.

3

## **Instantly Younger-Looking Glow**

Just like your skin, aging shows in your smile, too. Stains from years of smoking or drinking caffeinated beverages can dull your teeth's shine, so make sure you brush regularly with Closeup Diamond Attraction for visibly whiter teeth. Plus, a whiter smile gives you an instant facelift!

4

## **Instant Good Vibes**

Consider it your good deed for the day: Smile at someone who needs some cheering up. It's easy to radiate positivity with a flash of your shiny white teeth! When things get a little toxic at work, make an effort to lift that chin and smile through the stress, and you'll put other people at ease. It's infectious!

5

## **Instantly Better Relationships**

Little Miss Nega? No more of that! Try to greet everyone with a smile (even if sometimes, it's the last thing you feel like doing!). Don't be stingy with that beautiful smile, because even without saying anything, that smile speaks volumes about how you feel. Trust us, achieving that beautiful white smile is harmless with the Blue Light Technology's no-bleach formula. It also contains silica, which ensures instantly whiter teeth.

## **Own the Most Dazzling White Smile with Closeup Diamond Attraction!**

Make heads turn with beautifully whiter teeth through Closeup Diamond Attraction! In just one brush, your teeth are whiter than ever, thanks to Closeup's Blue Light Technology. Let its Blue Light Technology do wonders for your smile as you brush, and show the world that whiter smile as soon as you head out the door!

P95 Suggested Retail Price, available at supermarkets and department stores nationwide.



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**New Closeup Diamond Attraction. Visibly whiter teeth in just one brush.**

Instant whitening is optical and temporary. Results may vary.

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This is not just a toothpaste. This is Closeup Diamond Attraction.

New Closeup Diamond Attraction is available in supermarkets and department stores nationwide for only P95 suggested retail price.

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ASC NO.: U014P011215C

# Get Anne's Hot Summer Vibe

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Assisted by Riri Verano  
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**MAC Strobe  
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P1,800.

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in Schiap,**  
P1,450.

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Black Shine,** P350.

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# COSMO

## contributors

**VANESSA MATSUNAGA** was named one of Cosmo's 8 Sexiest Models in 2011. We sought her out for "Getaway Beauty," p.99, and the results are gorgeous! The Brazilian-Japanese model has spent the last 10 years living all over the world. "Living with people from all over the world is the hardest, yet one of the most fascinating parts about being a model. Modeling opened the doors for many great things in my life and has taught me self-respect, discipline, patience, and perseverance."

"Traveling has always been part of my life and it has a lot to do with the person I am today. It has taught me how to adjust to different cultures and appreciate all the parts of each one. Traveling has certainly made me smarter and wiser. I now appreciate history even more."



### SASHA LIM-UY

While she was writing "Get Home Safe," p.99, "taxi scams were on the news almost daily. I hope this won't make people think that being jacked or raped or kidnapped is normal!"

"Public safety is something we should not be lax about. Robbery and 'minor' harassment may be easier to recover from, but these dangers can lead to much more delicate situations, especially for women. Even if these are sometimes unavoidable, we can learn from each other's experiences. How we handle the situation makes all the difference!"



**PAOLO PINEDA** says he loved photographing "Getaway Beauty," p.99. "It was a pleasure (as usual) working with Cosmo, but it was particularly fun working with the newest addition to the team, beauty editor Meriam Ahari. It was great to get out of the city and shoot in nature at Nuvali with Vanessa Matsunaga, who is so photogenic and refreshing to work with." "I love to travel, and fortunately, I get to do that often with my work. Every time I travel, I'm inspired to venture out of my comfort zone and explore new places. There are still so many corners of the world that are on my bucket list, and I hope to be able to visit all of them someday!"

**LIO MANGUBAT** is Cosmo's resident guy guru who lets us into the inner workings of the male mind via his His Point of View column every month. "I always try to give readers a new perspective, something that might surprise them about the way guys think," he explains. This bikini season, he says we needn't worry about the state of our abs: "I assure you, we look at more than that. (And we're not talking about your boobs.)" Intrigued? Turn to pp.99. "My message for women with body insecurities: In the age of Instagram, men may have it worse. But we might have more practice pretending we don't care!"





sassa

angelfish

Hawaiian sun  
sunglasses

NIVEA



Robinsons Department Store

# WHAT IF...



**1** #Shame/NoShame: I could't resist buying this touristy panda hat at the Great Wall of China during a weekend getaway to Beijing.  
**2** Cliché or not, you know this Mt. Pulag jump shot is on your bucket list! To achieve, p.152.  
**3** Have rainbow jellies, will wander the world! From Primadonna, P699.  
**4** Cosmo Fashion Editor Happy Lopez (could have been) in Bali! More, p.118.  
**5** We were thrilled to shoot one of Cosmo's 8 Sexiest Models 2012, Vanessa Matsunaga, in beautiful Nuvali for "Getaway Beauty," p.136.  
**6** Elmo Magalona is our Cosmo Guy, p.56.  
**7** Hot age, even hotter bod! More of just-turned-30 Cosmo cover girl (for the 8th time!) Anne Curtis, p.26.

At the risk of sounding like one of the sappy (sometimes!) inspirational quotes I have a penchant for re-posting on my IG, I'll ask you anyway: What if...  
 ...You could do what you love every day and get paid for it, what would you do?  
 ...You could live the lifestyle you've always dreamed of, what would your life be like?  
 ...You could travel anywhere, where would you go?  
 ...You could live anywhere, where would you live?  
 ...You could learn 10 new things, what would they be?  
 ...You could have a great relationship, what would it be like? What kind of guy would it take to do that?  
 ...You could have the killer body you've always wanted?

What if I told you you really (yes, really!) could make all of that happen? And that whatever's stopping you from doing so is just an excuse, because overcoming any obstacles is really under your control? Yes, really.

"Winners understand that life is a self-fulfilling prophecy," says behavioral scientist Denis Waitley (Read "Big it Up," p.114). "There never was a winner who didn't expect to win in advance...They expect a good day, a raise, to find a parking space, a good relationship—and they usually get them." One such winner? My friend Jo, who came from humble, sweeping-the-floor-for-a-living, never-finished-college beginnings. Jo always stunned me with the audacity of her dreams—and actions: Daring to decide she would have a posh address, buy one luxury car after another, travel the world (always in business class), expand her little shop into a big chain—all while being the sole breadwinner for her family of origin as well as a single parent to two kids. I was always worried she was living beyond her means, but she always pulled it off, working in reverse: She lived her dreams first, then worked her ass off to make them all come true: A rather fearless approach that could fail if not grounded in realistic expectations and a formidable work ethic, but a mindset I wish I had been brave enough to apply more often in my life.

Take it, too, from the women featured in this issue who made their What-Ifs materialize: "Pursuer of Dreams" Anne Curtis (p.26), the enviable women in "I Travel for a Living!" (p.106), plus all the dreamers and doers you've met and will meet in *Cosmo* who will inspire you to live your best life possible. *Cosmo* always wants you to know: It should no longer be "What if?" but "What now?" So what are you waiting for?

*myrza*

Myrza Sison, Editorial Director

IG, Twitter @myrzasison  
 email myrza@cosmo.ph



**APRIL'S FULL!**



April's our Travel Special!  
 Cosmo wants you to just pack your bags and go.  
 So where'll it be?



EDITORS: PHOTO: DIX PEREZ; MAKEUP: NELSON AGUILAR; HAIR: ANTON TDA. BOTH: HAIRWORKS. (6) IS: PHOTOS: LOUIE AGUIBALDO; PATRICIA JAVIER; MERIAM AHARI; BJ PASCUAL.



# UNDER-THE-SUN Beauty Pick

Want to maintain a spotless and radiant skin this summer? The right BB cream is your ray of sunshine.

## Skin Rejuvenation

Make the most of the summer and refresh your skin with a trusted BB Cream. It is one of the most multitasking beauty essentials that moisturizes and nourishes the skin, inside out. Achieve everyday summer glow with this must-have.

## All-Day Coverage

Shorter tops, easy-to-do hair, and lighter makeup are the trending choices this season. For your daily makeup needs, opt for an all-in-one face fix. Dubbed as the 'It Girl' of summer beauty products, BB Cream is a primer, foundation, and concealer, all rolled into one!

## Blemish Prevention

The summer heat can totally damage your beautiful skin, CG. Advice: Don't break out while you're baring it all under the sun. Use a BB cream that outsmarts all those blemishes. It's the ultimate beauty hack, which provides a healthy layer of protection and soothing properties for a prettier skin all day, errday.

## BB Cream with Whitening Wonders

Worth the splurge, Pond's Flawless White Whitening Expert BB+ Cream doubles as a primer and sunscreen that protects your skin from UV rays with SPF30 PA++. It's formulated with GenActiv Cover that lightens the skin by reducing melanin production for fairer complexion. It also contains Super Optics, which gives you the coveted dewy effect. Available in light and beige. What's not to love, right?

“For an on-the-go girl like me, this is the ultimate beauty lifesaver.

- Kelly Misa-Fernandez



## BB Cream with Anti-Aging Powers

Be forever radiant with Pond's Age Miracle Anti-Aging Expert BB+ Cream (available in light and beige). Made with Intelligent Pro-Cell Complex, it helps stimulate skin cell regeneration, which prevents wrinkles and fine lines for a younger-looking you! Its SPF15 PA++ also keeps you covered and protected from the damaging heat of the sun.

“Thanks to this beauty must-have, I feel and look younger and more glowing than ever!

- Cheska Garcia-Kramer



@ms\_mimii sunday  
breakfast & sunday read  
@cosmopolitan\_philippines



@phetuuls



@iamdiway Fan girl  
mode on! #jadine



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Ohh My Hayme  
#JaDine



@erroltronics  
Nadine =   
#Jadine

# IT'S A COSMO WORLD

## COSMOTivation

Inspiration with a Cosmo edge.



### LETTER OF THE MONTH

"I love February's cover story, 'Lustrous.' Nadine's devotion to acting really shows what a pro she is as an artist. I think she really deserves her success right now! The other articles I really love are 'What We Think of Your #Selfie,' 'Girls Who Like Girls,' and 'Why You Need a Job That Feels Like a Job' Kudos to the LOVE issue! Thanks for being my V-date, Cosmo!" — Franz, 28

## FB & Twitter Chit Chat

@kayiiishh I get this feeling that @cosmo\_ph's Feb issue will give me an eyegasm especially since James Reid is in it!

@rainelubs Loving this month's cover @cosmo\_ph!

@suddennicka Thanks for having @helloworld as your cover girl @cosmo\_ph Love the shots inside

@sherramay Got my copy of @cosmo\_ph. Nadine Lustre is a hottie babe. No doubt she's the next big star Hope for another mag cover soon #intelligentgirl

@jelocampo\_ @shakirasison @cosmo\_ph Your article on lesbian love is really a game-changer. Thanks for writing this. :D

Jaesen Dungca Cosmo can't help it not to put this sexy body on their cover... Look naman oh!! Cover worthy! #GONADINE

Sandra Pascual Hindi ko inexpect 'to, ang cute nila!

Katherine Delos Reyes Ang sexy ni Nadine! No preservatives added, 100% NATURAL!

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SEAN O'PRY X **PENSHOPPE**



## BEAUTY BUFFET

Elevate your make-up kit to a travel-ready selection with an all-in-one makeup palette, ready to provide you with all your summer beauty needs. Make sure to grab a palette that covers all bases—skin, eyes, brows, cheeks, and lips—to fill in all your beauty necessities without consuming luggage space!

# *The Best Travel Must-Haves for You!*

**Shift from 'meh' travel items to the most essential beauty products to make every getaway your best ever!**

## NEVER A FLOP

Know what's always a summer fashion winner? The inimitable floppy hat. Our suggestion? Amp up your summer wear by topping your look off with a wide brimmed hat—straw, felt, or crochet—and see your outfit transform from basic to beautiful.





## SCARF FOR LIFE

Purchasing a large and pretty scarf is one of the best fashion decisions you'll ever make in your life! It not only satisfies your summer style, it also offers skin protection from the sun and serves as a cute beach blanket. Versatile travel essentials are always worth the space in your suitcase. Come to think of it, scarf is always a must-have for any season.

## SOFT SWIPES

Summer's the charmed time for rough outdoor sports and a lot of late night partying that leaves you all too eager to doze off after. For both concerns, make sure you keep your face sweat and make-up free with moisturizing wipes on hand. Keep a pack with you all the time, 'cause traveling is so much better when you feel fresh and clean!

## WAIT AND CC

Sometimes, foundation just doesn't cut it, especially when you're too preoccupied reveling in summer festivities. Opt for a CC cream in lieu of regular foundation, which corrects redness and discoloration on your face and evens out your skin tone all throughout.



## *Summer Love is in the Hair*

Summer is all about having fun in the ocean, but overexposure to saltwater can definitely damage your hair. Trade your daily one with a treatment conditioner that nourishes hair more intensely. Our pick? Pantene 3-Minute Miracle Conditioner, which repairs the hair and prevents damage by reducing split ends and minimizing the loss of essential protein. Let your hair experience the best summer ever with Pantene 3-Minute Miracle Conditioner!

# ◆ APRIL ◆ happy list

## 1 THATTHING CALLED TRAVELING LIGHT

Don't pull a Mace when going on a trip—you might not be as lucky finding someone (who's not super shady) willing to donate luggage space. Choose a compact suitcase and get pouches for different travel essentials so it's easier to organize and squeeze everything in. This way, you don't leave anything important behind—or overpack!



Suitcase, P10,990, and set of pouches, P4,490, Flight 001

Folders, Typo, P300 for a set



## 2

### FOLDER ON

Keep important documents in order. The last thing you want to do is book an international trip and find out your papers aren't updated! File 'em away in sturdy folders and designate a drawer to store them. Make sure you check that they're up-to-date before booking a ticket or setting a visa appointment.

## 3 Soapy Soak

You don't need a five-star hotel bathroom to feel luxurious. If you're lucky enough to have a bathtub at home, get yourself a special bath basket and fill it with hand towels, a neck pillow, bath salts, bubble bath, and aromatic candles, for a soothing, rejuvenating pick-me-up.



Neck pillow, P299, eye mask, P199, Typo. Basket, P620, towels, P400, soap, P90, lotion, P185, candle, P350, soap, Gourdo's.



Pentax  
DSLR,  
Pismo,  
P18,990

# 4

## Dear Diary,

Follow the lead of historical figures and start a journal (and we don't mean a blog!). Studies suggest writing about stressful events allows you to process emotions related to them, combats mental block, and helps you understand yourself, others and the world around you. So head to a bookstore, buy a cute notebook and pen, and start writing!



Notebooks, P399 each,  
pens, P199 each, Typo.

# 5

## #NOFILTER

See dream destinations, historical sights, and panoramic vistas with your own eyes, and make sure you capture those moments properly. Don't count on your smart phone and IG to document the trip of your dreams—invest in a digital camera and take photos that don't need filters to do the scenes justice. Digi-cams these days come in small, handy sizes without sacrificing photo quality, so you can have your memories framed and printed out once you're back to reality.



Magnet  
board,  
National  
Book Store,  
P599.

# 6

## Mood Board Magic

Willfully setting your goals and declaring them is already a big step towards achieving them, studies show. Prop a magnet mood board in your office cube and fill it with photos of your dream destinations, inspirational quotes, and life goals—because if you trust in the universe and work hard towards a clear goal, you will have the power to achieve them.

Inflatable  
neck pillow,  
Typo,  
P279



## NAP IN A SNAP

Whether on planes, trains, automobiles, or just at your office desk, take power naps comfortably with a super handy, inflatable neck pillow. Have one with you to make sure you're always well rested, even if it's just for a snatch of shut-eye.

### WHAT'S HOT

A travel bag that's sturdy and easy to carry, but fits all your travel essentials. Ditch the *tita* Longchamp when you go on a road trip or hike—a backpack distributes weight evenly on your shoulders, and leaves your arms free for other things (like taking photos of everything).



Backpack,  
Typo, P1,599

### WHAT'S NOT

Gadgets conking out in the middle of a trip. Keep your smart phone and tablet well-protected, especially



when traveling alone. You'll need them for important details and internet access in case of emergency.

Cases, Pismo, P1,990 and P1,290.



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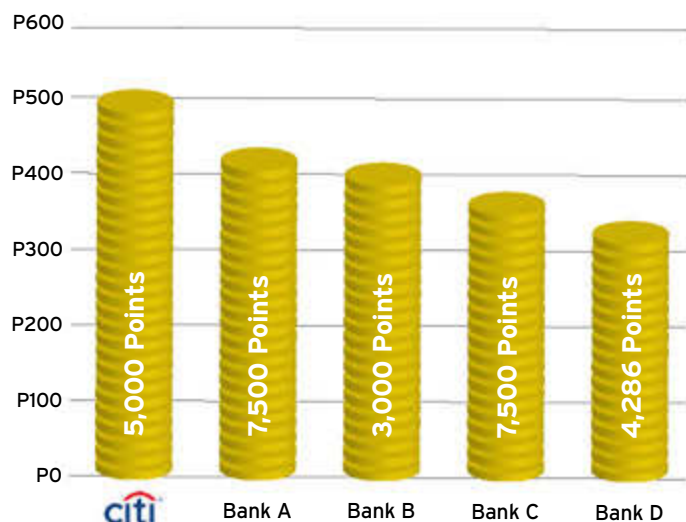
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Bank A	 3x Points	 Shopping Local Dining
Bank B	 2x Points	 Dining Entertainment
Banks C and D	None	

## The Best Peso Value

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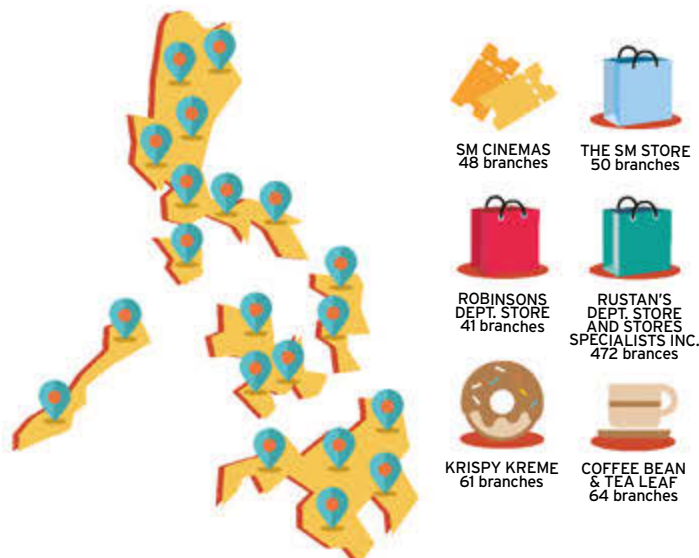


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## The Most Ways to Redeem Rewards

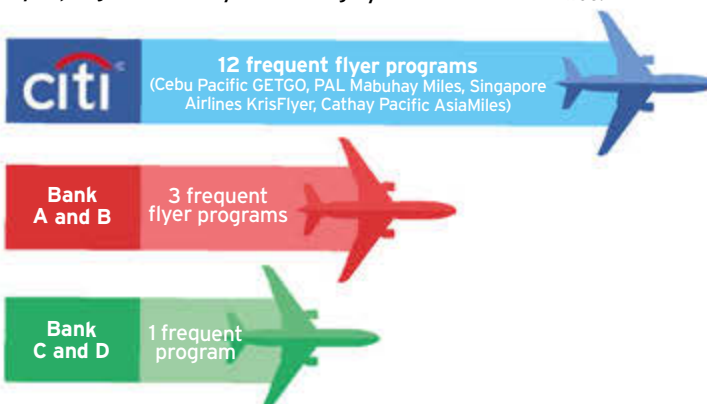
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The Cosmo Interview

# anne

life lessons  
from the babe  
who has it all

is

#GIRLCRUSH and #LIFEPEG

Anne Curtis spent more than half her life working in the b\*tchiest business, ever. How she manages to **SURVIVE WITH HER SANITY** still intact, she dishes here—and it's **BS-FREE** **ADVICE** even mere mortals like us can take a thing (or 10) away from.



BY LARISSA JOSON

PHOTOGRAPHED BY BJ PASCUAL

# 30





## 1 The truth hurts and lies, worse.

She thought her career was finished, following a meme-worthy nightclub outburst in late 2013. Apologizing upfront—first, to everyone who had personal stakes in the situation; then, to the public via Twitter—turned out to be Anne's saving grace. "Why lie and why hide it? I've always been very honest," she says. "That's something I learned: Honesty is always the best way to go. Making mistakes is part of being human, and I think that's why people understood. But it never happened again and it's not something that will ever happen again."

## 2 I don't know about you, but I'm feeling um, 30.

Anne hit the big 3-0 in February and did it in the least glamorous way possible: by watching a movie, falling asleep midway, and waking up to boyfriend Erwan Heussaff and sister Jasmine Curtis-Smith holding up a cake and singing, "Happy birthday to yooooouuu." "Anyone who's turning 30 gets freaked out about the thought of turning 30. Me, being a pursuer of dreams, I thought about which dreams were still worth pursuing, and which ones I had to let go of," she says. "Yung wanting to be *payat* and model-like, that's something I'm leaving behind in my 20s. Everyone goes through a stage of wanting to be thin. But my goal this year is to have my fittest body ever, which isn't necessarily being thin, it's being fit—toning up and having abs. The irrational decisions, I'll leave them behind, too. I have to be more conscious and rational about my decisions, because I'm at an age when I have no excuses. Before, I just enjoyed myself and didn't really think of the things I did, and it would get me into trouble sometimes. Now, I have to act my age. I can't be reckless. It's time for responsibility and to have a good head on my shoulders. But I'm still young at heart! I'm bubbly and fun and crazy, and that won't change."

## 3 The rest is still unwritten.


It's okay to prioritize your job over having a husband and children, because it's 20-freakin'-15. Says Anne, "In my 20s, I thought I'd be married with at least two kids by now. I thought I'd have my first baby at 26. Crazy, right?! But no, that's not happening yet. I think a lot of women now are focused on their careers, their achievements, their wants, and I think it's a great thing, not rushing into it. Times have changed, right?"

## 4 Not gonna stop, I'm gonna work harder.

When Anne started acting at age 12, she didn't really understand what she was up to—just that her "job" (quotes mandatory, because she says it didn't feel like one) was so. Much. Fun. Then GMA's *T.G.I.S* came along. "I got a big role. My dad was *kunwari* a janitor and I had to learn how to speak Tagalog fluently. And playing a tomboy, who was so far from who I was, it made me realize... I like this acting thing! I became more serious about it. But with my former network, I wasn't always given the chance to act. Things got really serious for me when I got my first *teleserye* in ABS-CBN, *Hiram*, where I first played a dark character, not a goody-goody leading lady. Scary, but then I realized: How will I grow if I don't try something I've never done before?"

## 5 I never really scared...

"I love singing. *Bahala na* if my album would sell or not, I wanted to do it. But I'm thankful people bought it, knowing what to expect, knowing they weren't going to get music to their ears. It's basically a screechy little voice singing to you! It caused a lot of intrigue back then, but I'm happy I was able to inspire other people. They'll tag me on IG saying, 'Uma-Anne Curtis ako! Uma-Alone!' Which means they're *sintunado*, but they're still singing." So when videos surface of her screeching along to *birit*-only songs like Sia's "Chandelier" or Adele's "Someone Like You" and



**"I now have  
to be more  
conscious and  
rational about  
my decisions,  
because I'm  
at an age when  
I have no excuses."**

YouTube gets flooded with comments like “*Matuto ka naman mahiya, Anne!*” and “The worst singer I’ve ever heard in my life,” she just laughs it off. “I find the bashing funny *na lang*,” Anne says. “They don’t get it or they don’t want to get it. It’s novelty. It’s fun. It’s not something to be taken seriously.”

## 6 Let it go, let it go.

Anne’s hyped-up take on the iconic *Dyesebel* turned out to be a ‘serye that couldn’t even last half a year. Surprisingly, she doesn’t feel too bad about the show’s less-than-stellar run. “After *Dyosa*, I told myself, ‘I’m never doing a *fantaserye* again.’ So when they offered me *Dyesebel*, I was like, ‘Huuuuu another *fantaserye*!’ It was so scary *kasi* you know how much it takes out of you. But I thought, when am I ever going to portray *Dyesebel*? It’s a classic. So I did it and it was fun in the beginning. But because it was a *fantaserye* and not like the original, it took a toll on the show. We were basically hand-to-mouth, which means whatever we were shooting that day was airing that night. The quality suffered. We were all sad it ended, but it had to end, because it took so much from us. I wasn’t on *Showtime* for three months because I had to tape every day, and that was sad for me. I gave my all for *Dyesebel*, but okay *na ’yun*. Happy *na ako*, at least I got to do it. I don’t know how I would have lasted if it had gone on.”

“ I LOVE SINGING. ★ ★ ★ ★

THEY DON'T GET IT OR THEY  
DON'T WANT TO GET IT.

★ ★ ★ ★ IT'S NOVELTY.

IT'S NOT SOMETHING TO  
BE TAKEN SERIOUSLY. ”

## 7 You don't have to feel like a wasted space.

Last month, Anne was given the opportunity to head to Typhoon Yolanda-hit areas of Leyte to promote early childhood care and development with UNICEF. “I’ve always had a soft spot for children, and that’s why I even tried to take up early childhood education,” she says. “I have so much patience, I have a heart for them, I want be around them, and I want the best for them. I’ve always thought that they had a right to a bright future.”

## 8 You'll get by with a smile.

“Show business is a cutthroat industry”—it’s on every celebrity’s handbook. For Anne, the harshest reality is literally having no privacy. “You have to love what you do,” she says, her voice all business. “When you love what you do, you accept what comes with the territory. I accept that my life is their life now. When I was younger, I didn’t understand... ‘Why *ba* do I always have to



(BIKINI) ZIMMERMAN

# GET SUMMER-READY!

Make summer cooler with these fun fashion must-haves!

**WHITE ON** White tops are totally this season's fashion staple. You can never go wrong with the freshness and elegance of white. Refresh your wardrobe with a timeless white sleeveless top from Bayo by joining the #DoveSummerReady promo!



**BAYO**



## Shoulder Show-Off

Make your shoulder the sexiest part of your bod with a chic off-shoulder top. This trend gives you an effortless bohemian, laid-back vibe. Show some skin by strutting that well-defined shoulders.

## Hello There, Yellow!

Look and feel sunny with the brightest hues of yellow! Keep it playful and explore different shades, from sunbeam glow to lemon zest. The trick is finding the right one that best compliments your complexion.

## Cream of the Crop

Make waves by staying ahead of the style game with a high-neck crop top bikini. Pair it with a cute skirt and you can take it from a swimming sesh to a dusk-to-dawn beach party.

## ALWAYS SUMMER-READY WITH DOVE!

Enjoy summer with Dove! With Omega 6 and 1/4 moisturizing cream, Dove Ultimate White targets stubborn dark underarm spots, giving you whiter, smoother, and summer-ready underarms.



Get a chance to win a trip to El Nido or a white sleeveless top from Bayo weekly.

(1) Buy the Dove Deo Summer Ready Box, which has a FREE summer bag packed with a Dove Roll-On or Aerosol in your favorite variants: Original or Ultimate White.

(2) Find the promo code inside the Dove Summer Ready Box and get a chance to win a trip for 3 to El Nido, Palawan, and/or white summer tops weekly from Bayo.

(3) To send an entry, text DOVEDEO <code> to 2600 (Example: DOVEDEO ABC143). Full mechanics can be found on the Dove Philippines FB page: [facebook.com/doveph](https://www.facebook.com/doveph). For more details: [www.DoveSummerReady.com](http://www.DoveSummerReady.com)



## The Cosmo Quiz

Name:

Anne Qjales Curtis-Smith

Age: 30

The best part about being 30 is:

Having a fresh start for another decade and you ARE without a doubt a WOMAN!  
No longer a little girl or young lady.  
An independent woman!!! ☺

The one thing I'm going to leave behind in my 20s is:

My negativity<sup>or hurt</sup> I may have felt  
BUT I will take the lessons  
I learnt from it with me

This year is going to be about:

Being my fittest EVER and focusing on what dreams  
are still worth pursuing and what dreams to let go of  
with no regrets

In five years, I see myself...

Hopefully with my own little ones ☺

I LOVE singin to this song:

Forever Young ☺

My life mantra is:

Dream BIG beause dreams do come true!!  
with Faith & Patience

My message to my Cosmo Readers:

Hello to all the Cosmo Readers,  
Hope you're enjoy this issue with yours truly on  
the cover. Hoes to an awesome summer spent  
with the people you love

Big Kisses,

AnneCurtis



Workout  
essentials: neon-  
hued gear!



Anne, Unicef  
Ambassador



Ringin in  
the big 3-0 in  
Amanpulo!



Fun time  
with li'l sis  
Jasmine

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# TU Sexy.



You can never have enough of a good thing. Especially with the Tucson, you have more than enough diesel muscle, eye-catching good looks and features even in the midst of floods and rough roads.

Some call it tough. Some call it sexy.

We call it the

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smile? Why can't I do this?' Then my dad told me, 'You know Anne, you never know what your smile can mean for someone else.' That put things in a different perspective. Now, when I smile at someone, I really look at them. When you see how they smile back...ay grabe! You're able to touch someone like that."

### 9 If you got beauty, beauty, just raise 'em up.

She drops major side-eye recalling coming out on magazine covers and ads looking nothing like herself. "I hate it. I hate it,"—one more for emphasis—"I haaate it," Anne says. "I don't condone too much Photoshop. I get the basics—you have to clean the wrinkles on the clothes here and there. But when it's drastic and it doesn't even look like you anymore, I don't like that. And I'll always call people out who do that to me. When you have a cover that doesn't look like you, it's kind of like...WHY? Are you not happy with how I look? Is there something wrong with my face?"

### 10 Lean on me.

Anne is famously, fiercely protective of her family, especially when it comes to the younger showbiz Curtis. "You try to be an *ate*, to be a big sister. You try to protect them. You try, but then you realize it's gonna come out like *sinasakal mo* or you're being too bossy. You realize you have to let them go so they can learn by themselves. So that's how I am with Jas. In the beginning, I said, 'You know babe, I don't think you should do this. I think you should stay Ateneo and finish college first.' Then I realized she's turning 21, so I kind of have to let her go. But when she comes to me, that's when I give my advice."

And it's not only Jasmine whom Anne is looking after. "There's no extra effort to keep things private with Erwan. But he's not from the industry, and I respect that. He isn't awkward when he deals with food or his restaurants, but he gets rattled when you throw him a showbiz question. So why would I do that to him? I don't want that for us. It's worked for the both of us; it's worked for me, because I'm respected more. It's refreshing to have something that's private, something that's mine."

Anne shows you what went down at her 8th Cosmo cover shoot on [WWW.COSMO.PH](http://WWW.COSMO.PH)!



“



When  
YOU  
Love  
What  
YOU  
DO,  
YOU  
accept  
What  
comes  
With  
the  
tERRITORY.



”



# World-Class Filipinas Choose the No. 1 Conditioner' **CREAM SILK®**



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Cream Silk is taking Filipina beauty to the next level by encouraging Filipinas to aspire for beauty that's world-class.

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World-Class Filipinas choose the No. 1 Conditioner, because nothing conditions like Cream Silk.

'Based on Nielsen Retail Value/Volume Shares Oct 2013 - Sept 2014

\*Based on unique formulation.



Notepads, **National Book Store**, P199.

## TAKING NOTE

"Small, pocket-sized notebooks for jotting down my must-dos."  
—MERIAM AHARI, BEAUTY EDITOR

## LUXURIOUS LINENS

"Fluffy, pretty duvets are a must when I'm vacationing in a hotel (or staycating at home)." —LARISSA JOSON, ASSISTANT FEATURES EDITOR

Bed linens, **Crate and Barrel**, P5,429.

## BEACH BABE

"An ocean-hued bikini on a beach trip? Talk about color-blocking."  
—HAPPY LOPEZ, FASHION EDITOR

Maillot, **Naked Sun**, P2,150.

## THE RIGHT BATH

"Indulging in long baths with salts, oils, and body butter post-bath is a must for me this month."

—AGOO BENZON, BEAUTY DIRECTOR AT LARGE

Bliss Bath Salts, **SM Department Store**, P2,090.

## FRAME ME

"A memorable picture in a pretty frame is my fave pick-me-up."

—MICH LAGDAMEO, MANAGING EDITOR

Picture frame, **H&M Home**, P599.

# COSMO VIBES...

We beat the heat with a dip into the blue.

## SNEAK AWAY

"Comfy slip-ons protect your feet and are easy to wear—perfect for long airplane or bus rides."

—TRISHA BAUTISTA, EDITORIAL ASSISTANT

Slip-ons, **Keds**, P2,695.



## TIME TO PRIME

"A good primer is an absolute must for keeping your makeup fresh—no matter the climate."

—PATRICIA JAVIER, EDITORIAL ASSISTANT

Too Faced Shadow Insurance Primer, **BeautyMNL.com**, P1,299.



## ANIMAL FIRM

"I have a problem with *not* finishing entire bags of chips! Maybe these bag clips will teach me moderation and prevent me from over-snacking!"

—MYRZA SISON, EDITORIAL DIRECTOR

Clips, **Gourdo's**, P360.



**OWL RIGHT** "Fill a cute vase with fresh flowers to brighten up the mood in any room." —DONNA CUNA-PITA, FASHION DIRECTOR AT LARGE

Owl vase, **H&M home**, P599.



## WE SCREAM FOR ICE CREAM

"Frozen goodies satisfy my sweet tooth and help me beat the heat!"

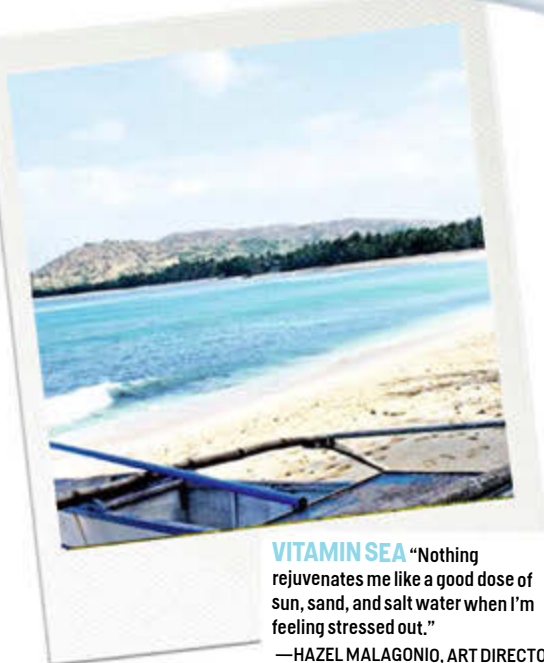
—DIANA MADELO, ASSOCIATE ART DIRECTOR



Ensaymada Ice Cream, **Fog City**, P300 per pint.

**VITAMIN SEA** "Nothing rejuvenates me like a good dose of sun, sand, and salt water when I'm feeling stressed out."

—HAZEL MALAGONIO, ART DIRECTOR



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THE LIFESTYLE REWARDS PROGRAM

*time to get going!*



# Surprising Summer

## Beauty Hacks

When temps go up, several beauty probs arise! Check out these surprising beauty tips and tricks for the super hot season.



### BEAUTY HACK 1

#### *Potato for Prettier Feet*

Let's face it, salon foot scrubs are getting pricier by the minute. Ditch the fancy foot sesh and refresh your dry feet with a potato. Yes, a potato! Slice it in half and coat it with a bit of sea salt. Scrub it gently on the bottom and sides of your feet to remove dead skin and to smoothen the whole area. You'll be ready for some footsies in no time.

### BEAUTY HACK 2

#### *Oil with Brown Tissue*

Got another full-on shine fest on your face? Run to the nearest grocery (or coffee shop) and get a pack of brown tissue to wipe the oil and sweat off your face. Trust us, it's way cheaper than your usual oil-blotting film and works just as well.



## BEAUTY HACK 3

## Beauty Creams Inside the Fridge

Chilled creams mean long-lasting effects and a longer shelf life, too. But which beauty products do you really need to keep inside the fridge? Here's the rundown: eye cream, anti-itch cream, sunscreen, nail polish, fragrance, anti-acne products, lipstick, and liquid makeup.

## BEAUTY HACK 4

## Sunburn Ease with Oatmeal

Don't let sunburn kill your all-good summer vibe.

When you can't stand the sting, your favorite breakfast oatmeal is a go-to. Whip up an oatmeal-milk-honey combo in the food processor to create a soothing paste. Oats are rich in antioxidant and anti-inflammatory properties, which ease your toasted and irritated skin.



## BEAUTY HACK 5

## Surprising Summer-Pretty Hair

Newsflash: **Head & Shoulders** goes beyond your anti-dandruff needs! If you want a frizz-free and so-fresh hair that lasts all summer, wash your hair daily with **Head & Shoulders Smooth and Silky Shampoo and Conditioner**. Its shampoo is the perfect everyday remedy for dry, damaged, or frizzy hair. And the conditioner? It moisturizes your strands from root to tip. Have a surprisingly beautiful summer with **Head & Shoulders**!

COSMO CONVO

# WHY YOU MUST TRAVEL ALONE

See the world solo—it's the most thrilling and the most unforgettable way of discovering what you are capable of and who you are meant to be, says Cosmo editor Larissa Joson.

**When I was a junior in college, I was mind-cripplingly insecure.** Thoughts

of my flaws kept me company every day: I could never be as smart as I wanted to be, never as talented, never as thin, never as beautiful.

But when I traveled solo for the first time in 2010 to Bangkok, spent six months in Paris as an journalism exchange student in 2011, and went job-hunting in New York City for three months in 2012, I realized how massive the world was, and, in comparison, how very, very small I was. This put things in perspective: I learned that my disabling lack of

confidence was not a tragedy I couldn't control—in truth, I was only cultivating a destructive breed of selfishness by acting like there

was nothing bigger than my insecurities. When I thought of how much of life I was missing out on because of walls I had set up, it became easier to detach myself from doubts I couldn't let go of.

Maybe you are like who I once was: It's tough for you to find stuff you like about yourself, but you know by heart the things you want to change. Your best Rx? Travel alone, spend time with yourself, and you will learn that there is so much to love about you. It could be your resourcefulness, evidenced by how you managed to buy the right ticket to your next destination, without speaking a single word of the local language; it could be your gutsiness, affirmed by how you were able to stand up for yourself when a man cat-called you on your way back to the hostel; it could be

an innate, undiscovered ability to have unforgettable conversations with strangers in a park.

Travel alone, because it is the most

thrilling way to find out what you are capable of. Every time you meet a challenge at work or in school, you will look back at the time you proved you could make it through an impossible situation. You

**"Spend time with yourself, and you will learn that there is so much to love about you."**



**"I'll always have Paris!"**

will remember how you came out unscathed from mistakenly driving through an intercontinental freeway on a rickety bike and think, *Shit, if I made it out of that one alive, I can do anything.*

When you are traveling with people whose company you enjoy, it's not difficult to say that you want out of the city you grew up in. But when you see the world solo, the comfort brought by the people you love bring is substituted with terrifying independence, and sometimes, unbearable loneliness. This is how you can truly test your self-reliance, how well you can thrive when there's no one else watching out for you. This is how you discover where you are meant to be in

the world. I used to see Manila as a dead-end city that couldn't provide me with exciting opportunities that Paris and Manhattan would—but after living in these cities, I learned that they could never be the home Manila is. Ironically, it's the constant leaving that leads you to finding your place.

Travel alone to find what parts of you remain the same even when your surroundings have changed. This is how you come across your purpose and what you are meant to be doing with your life. It will always make its way back to you.

The only downside to traveling alone? You will be left with no choice but to do it again...and again.

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"Nakakataba 'yan, right?"

"I ordered fish and chips for dinner and he said, 'Are you sure you want that? You could really lose some weight.'" —RIANNE, 27



"For our first date, he took me shopping **TO BUY HIMSELF NEW SNEAKERS**. The whole time, he talked about how much they cost and how great they looked. Tacky!" —BEA, 25

# WORST DATES EVER!

There are bigger douches than the guy who doesn't pay for dinner.



"I once dated a guy who made me pay for everything, from movie tickets to his basketball jersey. I dumped him after I dropped by his house and he said I needed to give his mom ₱100 for *merienda*." —SIRIA, 27



"I was ecstatic when my crush from Lebanon said he was coming over. I thought he was visiting for me, and true enough, we would spend every single day together during the week he was around. Only every night, he went home with a different girl." —CARA, 23

"After we had sex for the first time, he went over to his laptop and Facebook-messaged his best friend: **'I FINALLY HIT THE TARGET!'**" —MARIE, 23



"During the date, I saw someone toting the exact same bag I had on me. When I casually mentioned it to him, he retorted, '*Ano pang aasahan mo, eh sa department store mo lang naman binili 'yan?!'*'"

—CANDY, 23



"I thought we were grabbing dinner, but he took me to an abandoned parking lot and said 'Want to make out?' After I said no, he dropped me off at home."

—NANCY, 24

(LEAD PHOTO) JANE VERZOSA (SNEAKERS) JESUS AYALA (MOM) SHUTTERSTOCK (BAG) BEN GOLDSTEIN/STUDIO D-HEARS (NO PARKING SIGN) LEIGH SMITH IMAGES/ALAMY

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## CAPTURE 'EM

Angelica Laborte, 24,  
photographer  
and event organizer

You know that one member of your *barkada* who always gathers everyone for a group shot, takes photos of every single detail at a party, and patiently waits to snap candid moments? That's me. I grew up in a family where photos were part of every occasion. From birthday celebrations to graduations and vacations, my parents made sure that important events in our lives were captured, printed, and neatly displayed in an album.

Photography is a huge part of my life. The priceless memories recorded in my camera are something I always find myself going back to. Each photo tells a story, and even when the event behind them has long been forgotten, I always get the chance to revive it months and years later.

My photos are keepsakes I can bring to my high school reunion, compile in a video for my parents' anniversary, use to reconnect with old friends through Facebook, or show my boyfriend to see how we've grown through the years. It's undeniable that capturing experiences also means creating new ones: When we relive past moments, we are brought back to endless stories that we can again share with others in the present.

## DEBATE

# Should You Capture Experiences or Live in the Moment?

**You and your camera:  
Do you snap away or stay away?**



"Pics or it  
didn't  
happen!"

### COSMO GIRLS WEIGH IN

THROUGH AN EXCLUSIVE COSMO.PH SURVEY,  
WE FOUND OUT THAT...

**52%**

IF YOU WANT TO  
PHOTOGRAPH  
EXPERIENCES YOU  
CAN LOOK BACK ON

**48%**

IF YOU PREFER  
TO DO AWAY WITH  
THE CAMERA TO  
SOAK LIFE IN



## LIVE 'EM

Deanne Bañares, 24,  
bridal manager

Photographs are beautiful things, especially when they become keepsakes. But they become corrosive when they assume authority in our experiences, which is what I find is happening nowadays. In the past, I used to snap away at every single thing in every single *gimik*, concert, or vacation. I decided to stop the habit when I found myself with way too many photos and too few vivid memories.

These days, I find more joy in being in the moment than in posting a full Facebook album or a perfectly edited Instagram post. When I'm mindful of the experience I'm in, I get to soak in all the details—the waft at the local market, the flow of conversation at a café. These are moments that can pass us by if we aren't fully aware of them and that cameras can't completely capture. Surprisingly, being in the moment makes for more exciting and detailed stories, compared to static and inanimate photos.

When I let the goal of capturing something 'Likeable', I can enjoy every moment without distraction or pressure. I find coming across pure, unadulterated experiences more valuable than snooping behind a lens.

(PHOTO) NICK ONKEN

MAHALAGANG PAALALA: ANG IICARE AY HINDI GAMOT AT HINDI DAPAT  
GAMITING PANGGAMOT SA ANUMANG URI NG SAKIT.

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FunFearless

# CONFESSIONS



NSFW fun under the sun.

## POOLSIDE ACTION

After an out-of-town trip with my *barkada*, I decided to go to my friend's clubhouse pool for an afternoon swim with my boyfriend and a couple of our friends. I hadn't seen my guy for days and I was feeling horny, so when our two friends (who are together) went to the far side of the pool, I pulled down my guy's swim shorts and told him we should do it right then and there. It was 3 p.m., and thank heavens no one saw us!

—CHESKA, 25

2

## Memory Erased

"I was so drunk at a party that I apparently flirted with my guy best friend (we've been best buds for years), made out with him in his car, and asked him to have sex with me—all in one night. I still honestly don't remember why or what made me do it! We're still best friends, though."

—MICH, 26

Cosmo readers share their steamiest secrets and embarrassing experiences.

3

## EXES AND OH'S

"My ex showed up at one of my *kabarkada*'s parties. I wanted to make him jealous, so I started flirting with this cute guy he's sort of friends with. We danced all night and bought each other drinks. When my ex was within earshot, I said to the cutie, 'Want to get out of here?' The guy looked at me, confused, and made an excuse to leave. My ex choked on his drink laughing and I didn't understand what the fuss was about. Turns out, the cutie I was flirting with is gay! Yikes!"

—SAM, 24

4

## How Glass-y

"ONE DAY, I GOT TO WORK EARLY, SO I SENT A FEW SEXTS TO MY BOYFRIEND. WHEN I SAW OTHER PEOPLE HEADING INTO THE BUILDING, I GOT OUT OF MY CAR AND WALKED WITH MY HEAD DOWN AS I WRAPPED UP OUR SESSION. NOT PAYING ATTENTION, I SLAMMED INTO THE GLASS DOOR IN FRONT OF THE BUILDING! A FEW OF MY COWORKERS SAW ME AND STARTED LAUGHING."

—NICOLE, 21

6

## RUGS & KISSES

"I'd just had sex with a new guy for the first time, and it was great. We were cuddling in bed afterwards, naked in the dark, when he got up to turn on the lights."

I wasn't ready for him to see everything, so I got up and tried to nonchalantly grab my clothes so I could quickly get dressed. But in my hurry, I slipped on the rug and it slid across the hardwood floor until I crashed into the wall. I fell backwards, naked, completely horrified as he stood there laughing."

—TRINA, 25

5

"After he ordered an expensive bottle of wine and some appetizers, my date said, 'I forgot my wallet!'"

—KYLA, 22

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7

## TATTLETALE FAIL

"I found out my boyfriend dumped me for a younger girl while we were trying to fix our relationship. I was so angry and hurt, I took my younger brother's yaya's phone, texted my ex's mom anonymously and told her all the illegal stuff my ex was taking and doing. The plan worked...for a while. His mom got mad at him and grounded him for months. Things took to a turn, though, when for some reason, my ex was able to trace the number of my yaya's phone to me. Apparently, my mom registered our yaya's number as my brother's guardian in school." —LI ANN, 27

8

## Disappearing Act

"I ONCE HAD THIS WEIRD RELATIONSHIP WITH A GUY I MET THROUGH MY BEST FRIEND. WE WERE TEXTING EVERY SINGLE DAY FOR THREE MONTHS, HAD GONE OUT A FEW TIMES (ALWAYS DUTCH!), AND HAD NEVER KISSED NOR HELD HANDS. I ONLY KNEW ONE THING: THAT HE WAS INTO ME. IT WAS ONLY WHEN I GOT SICK ON THE THIRD MONTH THAT I REALIZED I WASN'T REALLY INTO HIM NOR WAS I PHYSICALLY ATTRACTED TO HIM. THE ONLY THING I LIKED ABOUT HIM WAS THAT HE WAS 6'1! SO I TOOK MY FEVER AS AN OPPORTUNITY TO STOP REPLYING AND HAVE NEVER HEARD FROM HIM SINCE." —PAM, 21

## GUY CONFESSIONS

His shameless scams and juiciest secrets revealed.

2

## NO FILTER MOMENT

"I got my crush to 'assist' with shooting a project (I'm a freelance videographer). She really wasn't good, but then I just wanted an excuse to get closer to her. It all backfired terribly because my hothead production manager scolded her during the shoot and asked me out loud why I brought such a newbie to work. Needless to say it got real awkward between us."

—OLI, 26

3

## Always Check Her Left Hand

"I was abroad for work and was spending my last night with my co-workers and the PR of our hosts. I was getting buzzed on the tasty drinks, so I flirted with the pretty assistant who was with us. She seemed half-game and half-shy, but I thought fuck it and invited her to my room, but I got turned down. Stalked her on IG and found out she was recently engaged. Me=skeezy dude!"

—CHING, 30

4

AH VALENTINE'S

"I went out dateless to meet friends and ran into my ex with her new guy. Ouch."

—MARK, 24



## ACTUAL TINDER SUCCESS

Tinder is more window-shopping than anything, and everyone has a friend who's hooked up through it—but never actually them. I met up with this cute girl who looked too goody-goody for anything more than drinks, but turned out to be real naughty when I dropped her off. We're FUBUs now and I really have to thank the app for her.

—GINO, 24

# Halo to Summer!



## IDINA Pouch

Multiple pockets for multiple gadgets.  
Available in Gray, Pink, Red, Violet and Black  
SRP : PhP 295.00



## MORRIS Bag

Available in 2 sizes - 8" and 10" to fit your tablets!  
Available in Blue, Black, Red, Gray and Violet.  
SRP: Price starts at PhP 695.00

## DAYTON Phone Case

What better way to express summer but with playful prints? Strut your way with this Dayton pouch. Made from water resistant neoprene material that is perfect to protect your gadget from sand and water.



## TAILA Laptop Bag

Fits laptop from 12-14" With multiple pockets to accommodate cables and other accessories.  
Available in Blue, Red, Gray, Violet  
SRP: Price starts at PhP 695.00



## WALT Printed Sleeves

Made from water resistant neoprene material.  
Sizes available:  
8", 10", 12", 14", 15", 17"  
SRP : Price starts at PhP 295.00





Blouse,  
**Mango**,  
P1,450



Bag, **River Island**,  
P2,395.

*Tuck into shorts or trousers in a hot hue like marsala for an unexpected color combo!*

**Kate Mara**



*Sport everyone's favorite '90s trend and add a casual twist with denim cut-offs.*

**Kim Chiu**



Top, **Bayo**,  
P595.



Shorts, **Factorie**,  
**Zalora.com.ph**,  
P1395.



## COSMO GIRL WATCH HELLO YELLOW!

Pave your way to a sunny disposition in this buttery hue. Stars know it's the quickest way to fake a summer glow!

**Bella Thorne**



*A tunic or shirt dress is easy to pull off. Just add dark accessories to make it stand out.*



**Laneige BB Cushion Whitening in #21 True Beige**, P2,995.

*The key to the no-makeup makeup look: a natural-looking base with a BB cream and a soft pink hue on the pucker!*



**Happy Skin Eye Need A Miracle Corrector**, P799.



Tunic,  
**Spring Fling**,  
**Zalora.com.ph**, P999.

Belt, **Topshop**, P995.



**Kelly Misa**

(TEXT) PATRICIA JAVIER. (MARA) NEL RASMUS/BFANVC.COM/REX. (THORNE) STARTRAKS PHOTO/REX. (CHIU) NOEL ORSAL. (MISA) CORRECTOR COURTESY OF HAPPY SKIN. (LANEIGE) COURTESY OF BRAND. (MANGO) FACTORIE BY ZALORA. BAYO, TOPSHOP, RIVER ISLAND, SPRING FLING COURTESY OF RESPECTIVE BRANDS.

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Like us on 

**THEO JAMES**

He may play Four in the *Divergent* films, but definitely comes in at number one on our strong-but-sensitive hunks list.

**JOSH HUTCHERSON**

This guy is just adorableness personified—that smile! His mad acting chops! His hipster fashion sense! No wonder J.Law is besties with him.

GUY WATCH  
**SO MUCH  
~ FEELS! ~**

YA films: Our not-so-secret guilty pleasure. These YA leading men? Our new obsession!

**MATTHEW LEWIS**

Forget the Boy Who Lived, we're totally crushing on The Boy Who Became Way Hot 6 Films Later.

**LOGAN LERMAN**

One look at this dark-haired but baby-faced hottie and we just *know* he's the son of a god.

**ANSEL ELGORT**

We'd kiss this lanky-framed, soulful-eyed cutie on a park bench in Amsterdam any day.

**San Mig** **LIGHT**



PARA KANG  
SAN MIG  
LIGHT  
YOU MAKE ME  
WANT  
TO  
PARTY  
ALL  
NIGHT

**Bela Padilla**  
San Mig Light Drinker



*Mahaba-habang hiritan, mahaba-habang inuman...*



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COSMO GUY

# ELMO MAGALONA

He is sweet, charming, and protective, exactly like his character in the *'serye More Than Words*. Plus (and it's a major plus), he loves randomly surprising his girl. You got us there, 'Mo—we're hooked on ya.

**Q** What made you do the indie movie #Y?

**A** I like challenging myself. I like putting myself outside of the box, so I can learn something new. When I got the script, I immediately fell in love with the rawness of the story and how it doesn't sugarcoat what teenagers are going through right now. I got to relate to it and I feel like everyone else can, too.

**Q** Do you see yourself doing more indie films? Are you leaning toward sticking to a particular movie genre?

**A** I want to! But I mean, you can't compare the experience of doing indie films versus romcoms and teleseryes. They're all different. I'm still new to the industry and I'm learning so much, so I can't say I want to do a certain genre. I'm going through with what's present and what's here.

**Q** We all saw a bulked-up version of yourself on IG. Is this the new Elmo?

**A** Honestly, I wasn't going for the opportunities I might get from becoming fit. It was more of a personal thing—a change of lifestyle. I'm starting to go to the gym more often now, and trying to eat healthy. It's a good start for me. I see it as a good investment for the future.

**Q** How do you make Janine feel special?

**A** I always surprise her with things—that's how I make her happy. Actually I like giving surprises, I like going the extra mile. And since I'm an adrenaline junkie, I would randomly take her out on a fun adventure.

**Q** What do you want to change about yourself this year?

**A** I'm an over-thinker and that often leads to me stressing about a lot of things. I really want to work on not sweating the small stuff. I just want to focus on the things I want to do, and hopefully achieve them.

“I LIKE  
GIVING  
SURPRISES,  
I LIKE GOING  
THE EXTRA  
MILE.”

(INTERVIEW) PATRICIA JAVIER (PHOTO) DAIRY DARRIGAS (ART DIRECTOR) DIANA MADELO (GROOMING) ELAINE GANUELAS OF L'ORÉAL PROFESSIONNEL (STYLIST) CAMILLE SANTIAGO (POLO SHIRT) PIERRE CARDIN

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*Ima Aguirre*  
TV Host, Actress

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Fun, Fearless Celebs

## HUNK OF THE MONTH

“I am a big boy with big dreams.”

**Name:**  
Thomas Sautebin

**Height:** 6'2"

**Age:** 27

**Ethnicity:**  
Swiss

**Hunk on Instagram:**  
@thomassautebin

(PHOTO) MARK CHESTER ANG, (ART DIRECTION) YANI MADELO, (SETTINGS) PATRICIA JAVIER, (GROOMING) VIDANON JAUGIAN, (STYLIST) CAMILLE SANTIAGO, SHORTS FROM UNDER ARMOUR, SHOT ON LOCATION AT FITNESS FIRST PLATINUM, 5/F SM AURA PREMIER, 26TH ST, CORNER MCKINLEY PARKWAY, BONIFACIO GLOBAL CITY, TAGUIG, +632 808 9895.

# RedoXfat<sup>®</sup>

L-Carnitine + Green Tea Extract

## Carve Your Curves This Bikini Season

April is for summer dresses, sun sprays, beach trips and swimsuits. But before you plan on your perfect summer getaway, are you confident that you have a desirable bikini body to flaunt? Sure, it's hard to reach the 24-inch waistline everyone has been dreaming about but here's something to keep your hopes alive. Aside from proper diet and exercise, RedoXfat can help you achieve the bikini body you've been dying to have.

RedoXfat is a slimming food supplement which contains L-Carnitine and Green Tea Extract, both known ingredients that help in weight loss. The L-Carnitine content of RedoXfat is seven times more as compared to other slimming food supplements. Therefore, through habitual exercise, L-Carnitine helps fatty acids to be transformed into sources of energy. Also, RedoXfat helps speed up metabolism because it contains Green Tea Extract.

Aside from regularly taking RedoXfat, what are the other ways to achieve the bikini body you've always wanted? Well, here are some tips:

**Sleep well-** Having enough sleep is as equally important as maintaining a proper diet and exercise when it comes to weight loss. When you don't have enough sleep, you're more likely to eat a lot so it's best to have 7-8 hours of sleep per day.

**Stay hydrated-** Water does a lot of magic to our bodies and it's not surprising that it aids in weight loss. Aside from helping enzymes in our stomach in digestion, water helps in making us feel full, making us stray away from binge eating.

**Don't skip meals-** Diet does not necessarily mean you skip eating your meals! In fact, putting off your meals makes the metabolism plummet. Have a nice 300-calorie meal five times a day and you're good to go the whole day.

**Make fitness a habit-** Just because summer is approaching must not necessarily mean that you should just lose weight for summer's sake. The problem with weight loss is that it becomes a short-term goal. Try making fitness a habit and you'll never go sorry at all.

With proper diet, exercise and a whole lot of self-confidence, and by incorporating these tips to your daily health habits, you're a step closer to the bikini body you've been dreaming about. Don't forget to make it happen with RedoXfat!

### Recommended Use:

Take 1 capsule with warm water before every meal, best taken with warm water.

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# DOWN-THERE DUTIES!

Feel sexy and confident in that so-hot bikini by keeping your down-there fair, fresh, and cool.

## 1 WEAR DRY CLOTHES AFTER A DIP IN THE POOL.

Rinse off before you do! Damp clothes, especially those soaked in chlorinated water, can cause vaginal irritation and dryness. Don't let your nether regions absorb all the harsh chemicals in the water by rinsing and changing right after that refreshing plunge.

**2 AVOID HOT TUBS AFTER SWIMMING.** Two words: yeast infection. When this happens, it leads to vaginal itching and swelling. These organisms grow in moist conditions, so better use cold water when rinsing.

## 3 LIMIT INTENSE WORKOUTS THAT CAUSE TOO MUCH FRICTION IN THAT AREA.

Your perfectly sculpted thighs and stunning waistline are all set, but your feminine area is being kept in the dark.

Solution: Veer away from intense workout routines that involve your thighs rubbing against each other, because friction, as we all know, is one of the causes of skin darkening.



## 4 ACHIEVE THE PERFECT BIKINI-READY BODY WITH LACTACYD WHITE INTIMATE!

Face summer with confidence down there; use **Lactacyd White Intimate**. Your trusted feminine wash brings you to new heights of confidence with the infusion of natural whitening ingredients—marine-based Algowhite, plant-based Actipone-B and milk extracts—to provide maximum whitening effect safely and naturally.

**FACT:** Based on a clinical study conducted in June 2011, 67% of Asian women claim whitening in the intimate area within 4 weeks of using **Lactacyd White Intimate**.





**7 WEAR COTTON UNDIES.** Cotton is the perfect material for your down-there's, because of its breathability and softness. It keeps the skin fresh and dry, as it lets air pass through the surface easily.



**5 WAX, DON'T SHAVE.** Waxing removes hair from the roots, so you can enjoy more blissful hair-free weeks compared to shaving, which only holds back hair growth for a day or two.

Note: Head on to **LayBare** for a stress-free waxing experience! Log on to [www.lay-bare.com](http://www.lay-bare.com) for more info.

**6 AVOID SKINTIGHT CLOTHES.** Wearing skimpy jeans, skirts, and underwear is not only a pain in the girly parts, it also causes unhealthy blood circulation and improper sweat evaporation. The key is to let the V-spot area "breathe" to prevent prickly heat, boils, and other unsightly growths.



**8 KEEP IT OH-SO-FRESH WITH LACTACYD COOL & FRESH!**

Your more intimate part is also in for a refreshing treat this summer with Lactacyd Cool & Fresh. Its dermatologically-tested formulation is infused with refreshing menthol essences for a minty cool sensation that lasts. Now you can say goodbye to that sticky icky feeling down there during the summer season.

FACT: Based on a 10-day product use test among 161 Filipinas, Lactacyd Cool & Fresh gives long-lasting freshness.



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# STYLE



Tee, **Factorie**, P995.  
Slip-ons, **Flossy**, P2,490.



Cropped top, **Roxy**, P2,290.

## FRUIT PUNCH

Stand out in an itty-bitsy pineapple print top.



Clutch, **Neon Island**, P1,200.

## TUTTI FRUTTI

Juicy fruit fun! These fresh picks look good enough to eat.



Sneakers, **Keds**, P2,795.



Clutch, **Neon Island**, P1,200.



Au Jour Le Jour Spring/Summer 2015



Skirt, **Chictees**, P999.



Bikini, **Roxy**, P3,490.



Cap, **Oxygen**, P299.

## PIÑACOLADA

Use a statement clutch with an LBD for added punch.



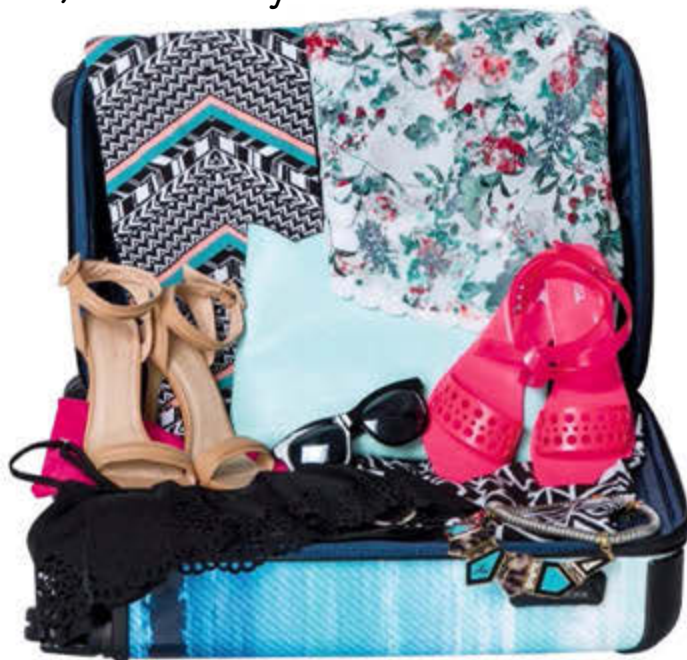
Top, **Neon Island**, P1,100.



Clutch, **Aranaz**, P12,350.

Sneakers, **Keds**, P2,795.





## OUTFIT ADVICE

10 Items, 5 Looks

# WHAT TO PACK

Travel light and still look hot for your weekend getaway with this sexy/smart capsule wardrobe.

### PACKING CHECKLIST

- ☐ **SWIMSUIT**  
TOP, ANEMONE, ₱1,995.  
BOTTOM, NUDO, ₱1,250.
- ☐ **COVERUP**  
ZALORA, ₱1,499.
- ☐ **NECKLACE**  
SOMETHING BORROWED, ₱699.
- ☐ **SHORTS**  
MATERIAL GIRL, ₱1,450.
- ☐ **TANK**  
F.101, ₱299.
- ☐ **SKIRT**  
MATERIAL GIRL, ₱1,350.
- ☐ **SUNGLASSES**  
FLY SHADES, ₱390.
- ☐ **BAG**  
SOMETHING BORROWED, ₱799.
- ☐ **SANDALS**  
MELISSA, ₱2,195.
- ☐ **HEELS**  
ZALORA, ₱999.
- ☐ **SUITCASE**  
TUMI, ₱39,390.



FRIDAY NIGHT  
LATE ARRIVAL

Don't feel like wearing a cropped top? A one-piece can double as a bodysuit.



SATURDAY DAY  
SEE THE SIGHTS

SATURDAY NIGHT  
COCKTAIL TIME

A maxi skirt with a front slit is flirty and sexy, but doesn't show too much skin.



SUNDAY DAY  
SEA CHIC



If it can't be worn at least twice, don't pack it.

SUNDAY NIGHT  
AIRPORT READY



(PHOTOS) LOUIE AGUILAR, (STYLING) HAPPY LOPEZ, (ASSISTED BY) CARIE AGUILA, (MAKEUP) ANTHEA BUENO, (HAIR) TONILYN SANTOS, (MODEL) JACH MANERE.

# BE A SUN WARRIOR!



**Be bold and brave  
under the sun!**

UV rays cause unseen and permanent sun damage to your skin. Be a Sun Warrior. Gear up with a wide range of sun care products, because beautiful skin is sun-protected skin!



**Nivea Sun Immediate Whitening  
Sunblock Lotion**



Hawaiian Tropic  
Sheer Touch Lotion Sunscreen



Beach Hut  
Lotion Sunblock



Cetaphil  
Daylong Face & Body Light Gel



Dermplus  
Moisturizing Sunblock



Banana Boat  
Ultra Protect Sunscreen Lotion



Neutrogena  
Ultra Sheer Dry-Touch Sunblock



Sunkiller  
Perfect Water Essence



Ocean Potion Protect & Nourish  
Sun Protection Lotion



Sunplay  
Watery Cool Mist Sunblock



Vaseline Healthy White  
Instant Fair Lotion



Kojie-San  
Body Sunblock



Belo Sun Expert  
Ultra Gentle Sheer Spray



Safe Sea  
Anti-Jellyfish Sun Protection



Célesteque  
Sun Care Matte Moisturizer



Watsons  
Sensitive Sunblock Body Lotion



Ultra Screen MD  
Sheer Body Lotion w/ Vit. E

Knit top,  
**Kashieca**,  
P738.

Sunglasses,  
**Charles & Keith**,  
P2,399.

Statement  
necklace,  
**Kashieca**,  
P889.

Keep the rest of  
your outfit simple;  
pair your vibrant  
piece with neutrals  
like white.

Sweater,  
**Kashieca**,  
P798.

Waffle print block  
heels, **Charles &  
Keith**, P2,399.

## TREND TIP TANGY BRIGHTS

Squeeze some zest into your  
summer style with pops of  
tangerine, lemon, and lime.

Look fresh  
and extra stylish  
in bold, multi-  
hued, geometric  
patterns.

Jeans,  
**Bench**,  
P889.75.

Bag,  
**Charles  
& Keith**,  
P4,199.

Ankle strap  
heels, **Charles  
& Keith**, P2,399.

Top, **Bench**,  
P479.75.

Shorts, **Bench**, P899.

Mule block  
heels, **Charles  
& Keith**, P2,199.

Scarf,  
**Call It  
Spring**,  
P655.

Belt, **Charles &  
Keith**, P1,199.

(TEXT AND STYLING) CAMILLE SANTIAGO. (PHOTOS) LOUIE AGUINALDO. (CALL IT SPRING, CHARLES & KEITH) COURTESY OF RESPECTIVE BRANDS.

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Get pretty nails with these summer colors you love



Summer Fling



Rainbow Tan



Sun Kissed



Sweet Surprise



On-the-Go






First Crush

Kelsey Merritt is wearing Sun Kissed and Sweet Surprise

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## Espadrille



Rubi, P799.



Cole Vintage, P799.



Spring Fling, P649.



Spring Fling, P599.



Suki, P1,499.



Twinky, P898.



Charles & Keith, P2,199.

## Gladiator



Figliarina, P2,199.



Mango, P2,950.



Zara, P6,990.



Call It Spring, price available upon request.



Spring Fling P699.

## Mandal



Charles & Keith P2,199.



Zara, P3,495.



Charles & Keith, P1,999.



Mango, P3,950.



Zalora, P599.



Mendrez, P1,499.

## Jelly



Melissa, P2,195.



Call It Spring, P995.



Primadonna, P699.95.



Grendha, P1,795.



Jelly Nelly, P895.



Mendrez, P399.



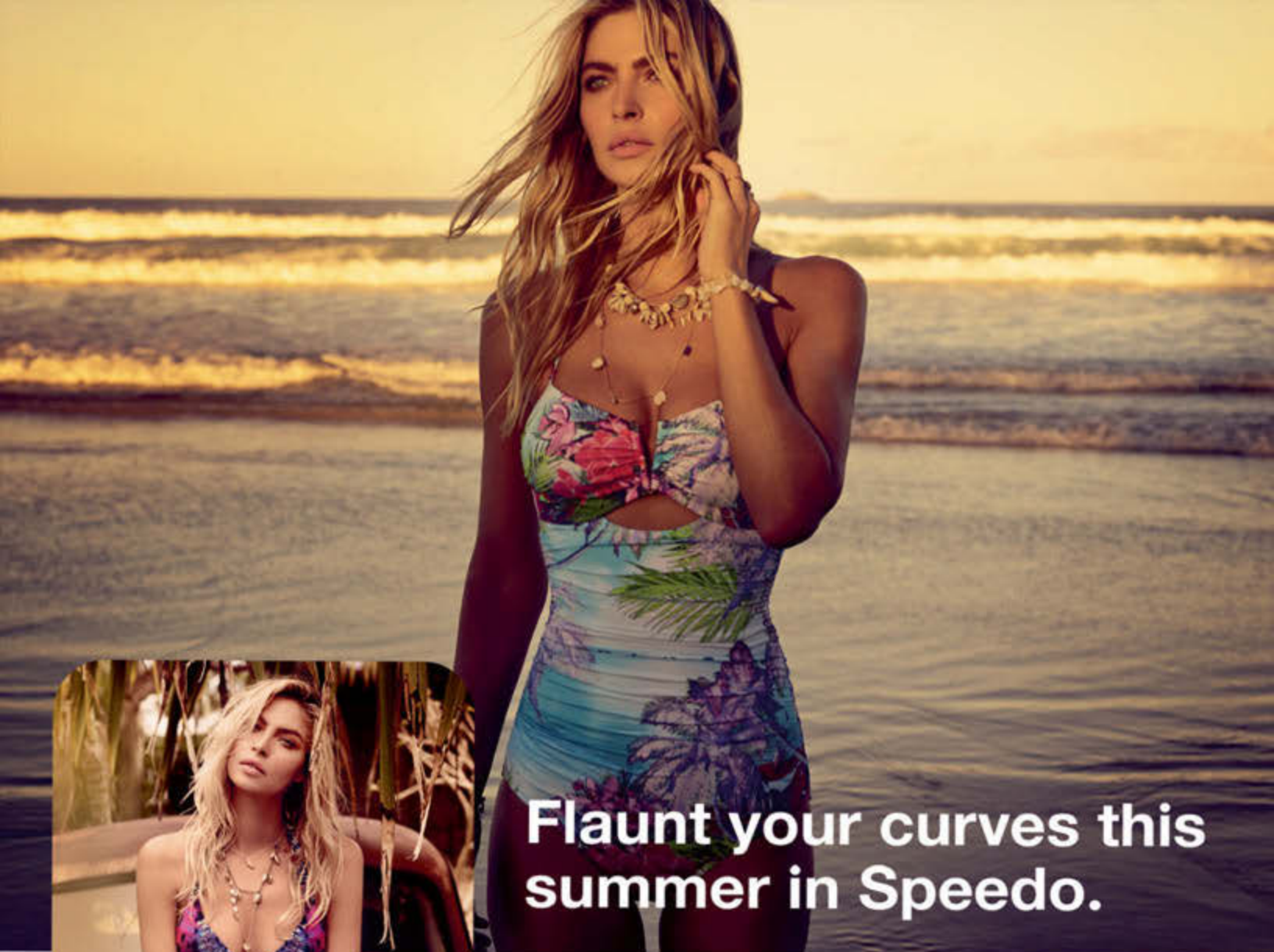
Rubi, P599.

# Bare Your Sole

SANDALS SPECIAL

KICK OFF THOSE HEELS AND DRESS UP YOUR FEET WITH THESE SEXY STYLES.

(STYLING) HAPPY LOPEZ (CHARLES & KEITH, CALL IT SPRING, MANGO, ZARA, MELISSA) COURTESY OF RESPECTIVE BRANDS. (RUBI, MENDREZ, SPRING FLING, COLE VINTAGE, PRIMADONNA, GRENDHA, ZALORA, TWINKY, SUKI, FIGLIARINA, JELLY NELLY) COURTESY OF ZALORA.COM.PH.



## Flaunt your curves this summer in Speedo.



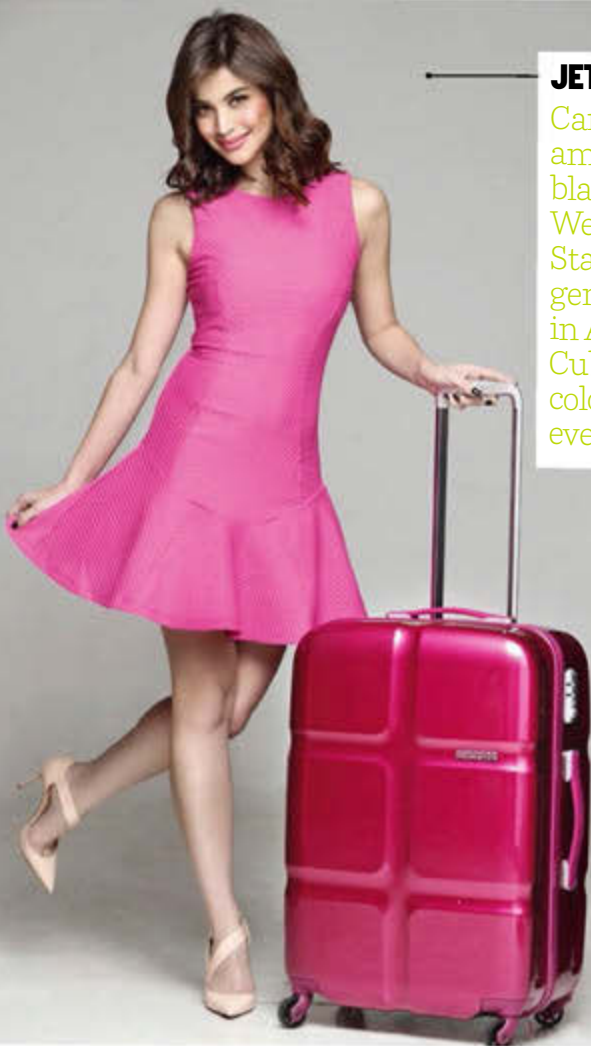
This summer, make Speedo your go-to swimwear as you head down to the beach. Speedo's Spring/Summer 2015 collection unveils fun and chic designs for the fashion conscious females. With a variety of flattering and feminine styles to choose from that come in one-pieces, bikinis, and tankinis, feeling confident and staying stylish on the beach is a breeze.

Abreeza Alabang Town Center Ayala Center Cebu Bonifacio High Street Centrio Fairview Terraces Gateway Mall  
Glorietta 4 Harbor Point Subic Lim Ket Kai Lucky Chinatown Mall Marquee Mall Paseo De Sta. Rosa Trinoma  
Robinsons Place Bacolod Robinsons Place Magnolia Robinsons Place Manila Robinsons Place Palawan SM Aura  
SM City Cebu SM City Davao SM Megamall SM Mall of Asia The District Cavite The Podium



speedophilippines

**speedo** 



### JET, SET, GO!

Can't find your suitcase amidst the sea of basic black on the carousel? We totally get you! Stand out from the generic luggage crowd in American Tourister's Cube Pop line in funky colors that pop and suit every kind of personality.



### SUNNY SOLE

This summer, slip into something more comfortable with Joy&Mario's canvas shoes. Easy to stow (just roll them up) and über-cute—these espadrilles are the perfect beach must-pack essentials.



### CASH STASH

Put that heavy wallet on a diet and go slim and streamlined with this Charles & Keith card case, which lets you pare down your spending life to just a couple of vital cards and a few bills.

# WHAT'S HOT

Get your fresh fashion fix with this month's finds.



### ARM CANDY LUXE

Take your wrist-game to a whole new level of everyday luxury. Charriol's unisex two-toned Celtic torque cable bracelets are totally summer-ready in colorways of warm yellow, pink gold, or black PVD and stainless steel.



### COLOR BOMB

When things get chilly at the beach, bundle up in these IG-worthy sweaters that'll get you all the Likes. From cool tie-dyes to ombré colors, Superdry's SS2015 collection is worth hoarding!



### HAPPY'S TIP

Love to pile on accessories? That's perfectly fine—as long as you don't go overboard. Pick one main color and accessory and have the rest of your cuffs and bracelets complement it.

# TREND TEST

## How do I wear...

# ROMPERS

Real women, real shapes,  
really helpful advice.

An origami-style bottom half makes your legs look longer.

### APPLE ALEGRO

30, *entrepreneur*

Romper, Chelsea Clothing, P2,050. Necklace, P999.75, and bangles, P999.75, both L'indochine. Shoes, Zalora, P1,199.

A V-neck lengthens your frame, flowy sleeves flatter your arms.

### PENNY WONG

22, *project specialist*

Romper, Something Borrowed, P1,299. Bracelet, L'indochine, P699.75. Shoes, Zalora, P1,399.

A flared skirt makes a skinny frame look more shapely.

Skinny legs? Go all-out with a colorful pair in a small print.

### DOANNE ONG

32, *entrepreneur*

Romper, Mint, P1,249.75. Necklace (used as bracelet), L'indochine, P1,999.75. Shoes, Zalora, P1,399.

A ruffled halter gives the illusion of a fuller chest.

### MARTHA IGNACIO

23, *writer*

Romper, Eve's Chic, P790. Bangles, L'indochine, P999.75. Shoes, Melissa, P3,895.

### LAUREN PASTORES

24, *marketing officer*

Romper, Something Borrowed, P1,299. Bangle, L'indochine, P999.75. Shoes, Zalora, P1,499.



## ASK HAPPY

Cosmo fashion editor Happy Lopez fixes your fashion probs and shares her new obsessions.

**I need a stylish everyday leather bag but can't afford to go designer. Any suggestions?**

“You don’t have to spend a ton on designer brands for quality and style. Scour the market for good local brands like Fino Leatherware for real leather finds. I love their Artisan collection featuring distressed pieces that are perfect for both work and casual days: roomy, functional, sturdy, and stylish without breaking your budget.”



Fino  
Leatherware

**I’m a bride-to-be looking for the perfect wedding dress, but I’m on a budget and am too intimidated to approach designers. Help!**



The  
Bridal  
Room

“Don’t pin all your hopes on a designer’s sketch just to be surprised on your big day, give yourself the option to fit as many styles early on to know what works well for your body type. Visit The Bridal Room to try on an array of more affordable ready-made wedding gowns in all shapes and sizes. At the mezzanine, 169 Aguirre St., BF Homes, Parañaque.”



Freeway,  
P1,195  
each.

**My barkada’s planning a beach trip. I’m not comfortable wearing a bikini. Is there a way to still look sexy if I’m covered up in a maillot?**

“Try maillots with strategic cutouts, deep V-necks or one-shoulder necklines. Or, instead of just basic solid colors, play around with big prints and patterns like graphic stripes that run diagonally across the maillot, which gives a slimming effect.”

**I want to try the sporty trend but I don’t know where to start. I also don’t want to look like I’m slumming it. What do you recommend?**



Lacoste

“Ease into this style by starting slow, such as with a pair of sporty but stylish sneakers—match a cropped pantsuit and tee with a clean solid pair for the office on casual Fridays. Or, top a cute shift dress with a light (but not too slouchy or oversized) sports jacket for the weekend. Add another sporty element like a cap to look more put-together.”

INTERNET FOR ALL MY ONLINE FUN!



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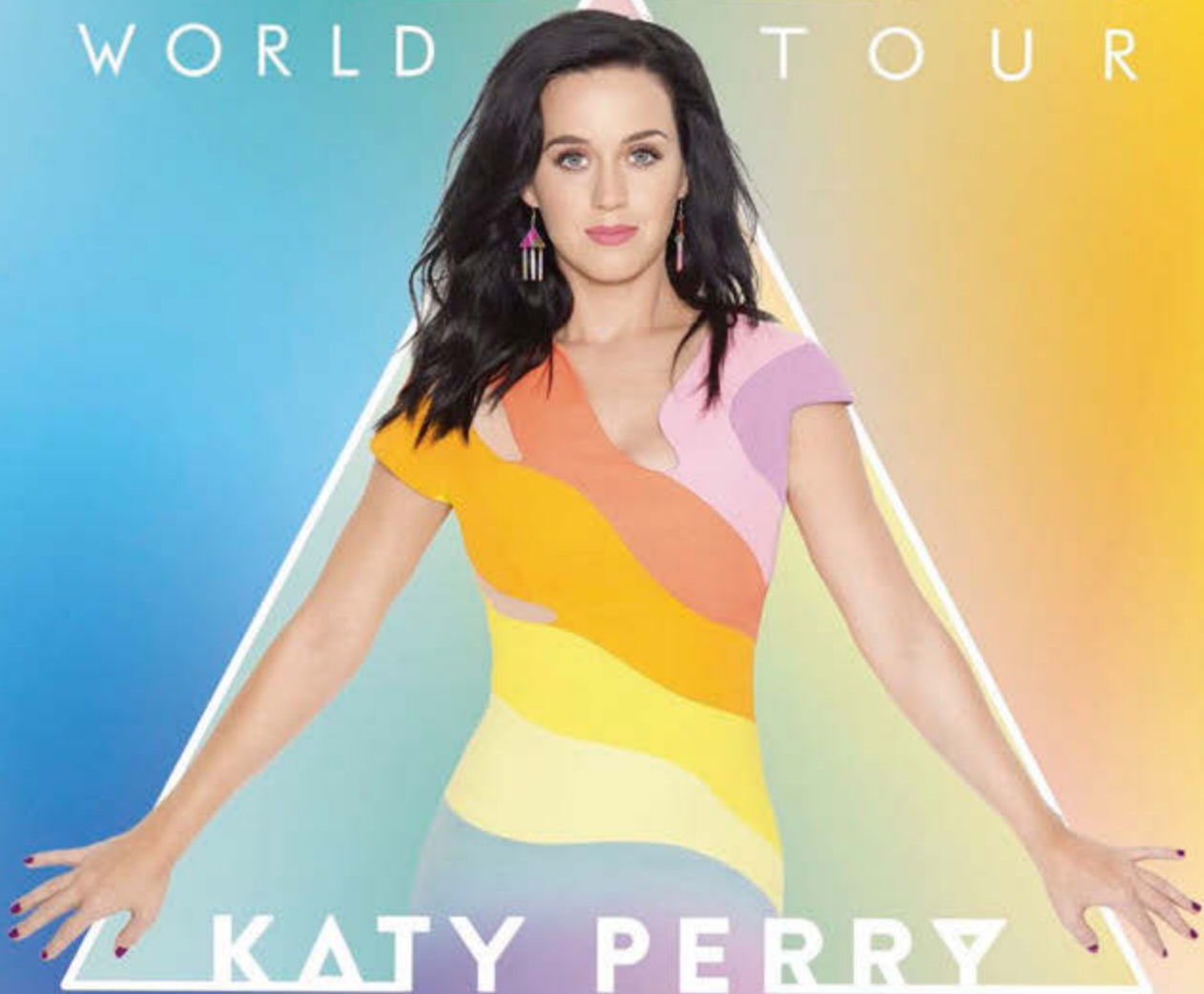
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# FunFearless BEAUTY

Wild night? Revive tired, puffy eyes with **Earth Therapeutics Orange Eye Care Kit**, P\$85 for one gel mask and 12 pads.

A quick swipe of **Happy Skin Shut Up & Kiss Me Moisturizing Lipplie** in **Sunset Kiss**, P\$49, makes super-chapped airplane lips picture-perfect again.

A good mani should be on every Cosmo girl's pre-vacay to-do list. Start your trip right with **Revlon Parfumerie Scented Nail Enamel** in **Orange Blossom**, P\$325; **ORLY Nail Lacquer** in **Ablaze**, P\$85; and **Brilliant Strength Nail Enamel** in **Provoke**, P\$325.

When sight-seeing, always be photo ready! Swipe on **Shu Uemura Rouge Unlimited Supreme Shine Lipstick** in **Marigold Shimmer** or **Poppy Orange**, P\$1,200 each, and flash those pearly whites for the cam!

Drastic weather changes and dry air in planes can cause breakouts. **Formula 10.0.6 Deep Pore Cleanser**, P\$45, is formulated to exfoliate and cleanse oily, acne-prone skin.

A compact blush like **Happy Skin Get Cheeky With Me in Summer Fling**, P\$699, fits into any carry-on so you'll never be caught looking less than put together.

**Shu Uemura Metallic Trio Eyeshadow** in **Copper Dahlia**, P\$1,095, keeps your peepers radiant despite mad jet lag.

**Ralph Lauren Big Pony Men EDT** #4, 75 ml, P\$3,700, is non-bulky, easy to pack, and a great pick-me-up after a long flight.

Pre-beach trip, exfoliate skin to ensure an even, long-lasting tan. We love the peachy-clean scent of **The Body Shop Vineyard Peach Cream Body Scrub**, P\$95.

## TRAVEL BUDDIES

Pack light, but pack pretty!

# News



*Even celebs struggle to find matching foundation!*

## HALLE ON MAKEUP FOR MORENAS

Being the face of Revlon for over a decade has taught Halle Berry a thing or two about makeup (while looking as good as she did from the start). *Cosmo* caught up with the gorgeous starlet to find out her makeup must-haves and what she wants you to know!



Revlon Ultra HD Lipstick in Camilia, P625.

"I'm more of a natural woman. My favorite color is Revlon Ultra HD Lipstick in Camilia. It's very light and looks like you have nice pink lips."

**A lot of Filipina *morenas* find it hard to match foundation to their skin. Have you ever had this problem?**

"When I was young, a lot of makeup lines didn't have good colors for my skin so it was a challenge. I found myself mixing and adding to foundation to make it darker. But I've found today that most lines of makeup have an array of colors so it makes it a lot easier." Halle uses **Revlon PhotoReady Airbrush Effects Makeup in Caramel**, because it "looks smooth and poreless" on her skin. If you're *morena*, try this foundation in Mocha, Cappuccino, or Caramel.

Revlon PhotoReady Airbrush Effects Makeup in Caramel, P925.

## ADIOS, DARK PITS

Shaving cuts hair off at the surface of skin, exposing dark roots. To nix your underarm's five o'clock shadow, try waxing instead to remove hair below the skin's surface. **Strip Ministry of Waxing's** Wax and Polish treatment in Light removes hair from the root while the special polish lightens pigmentation. Not a wax kinda gal? Try their IPL ACE laser treatment that also brightens dark pits. Also, use a whitening deodorant daily.



Nivea Extra Whitening Anti-perspirant, 60 ml, P109.



### ERM'S TIP

When packing products in your suitcase, open the cap, give the bottle a little squeeze to let air out, then quickly recap to avoid exploding products after a plane ride.

**Any advice for *Cosmo* readers who look to you for inspiration?**

"Just be you. Don't fall victim to trends and what everybody else is doing. Right now, even younger women seem to be about plastic surgery and shooting their face up, not to pose judgment on those who do, but the best advice I've been given is to do that if I want to, not because everyone else is. It's what makes you feel good or what makes you feel your best."

## MOTHER NATURE'S WHITENER

It seems that even nature wants fair skin. L'Occitane discovered the Reine des Prés plant whose cream colored petal self-whitens over time. Scientists incorporated the unique flower into L'Occitane's new Reine Blanche skincare line which promises a fair and luminous complexion.



L'Occitane Reine Blanche Whitening Cream, P3,300, and Illuminating UV Shield SPF50, P2,300.

(TEXT) MERIAM AHARI (BERRY) JIM SWEAL/BE/REX (NIVEA) LOUIE AGUINALDO (REVLO) FOUNDATION (SMEAR) CHRIS COPPOLA/STUDIO D (L'Occitane, REVLO) LIPSTICK (COURTESY OF RESPECTIVE BRANDS (MERM'S HEADSHOT) BJ PASQUAL

"IS NOT A KISS THE VERY  
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

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IS ON

## NEW REVLON ULTRA HD™ LIPSTICK

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# REVLON

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## ASK MERM

Got a beauty dilemma? Get expert advice from Cosmo's beauty editor who has seen and tried it all!

**Can I have brighter teeth without expensive whiteners?**

“Chomping on crunchy fruits and veggies like apples, celery, and carrots increases saliva production and removes sugars that cause staining. Drink from a straw to keep coffee, tea, and soda away from the surface of your pearly whites. Brush, floss, and rinse after every meal, and visit a dentist twice a year for a deep cleaning.”



Another reason to eat your fruits and veggies



Pond's Age Miracle Firm & Lift Massager, P999. Juice Beauty Stem Cellular Lifting Neck Cream, P3,303.

**Do I need to use different products on my neck and face?**

“Neck skin, like skin around the eyes, is thinner than other areas of your body. Targeted products (like eye cream) are meant to treat these sensitive, delicate areas. So while it's not *necessary* to use separate products on your neck and face, it certainly wouldn't hurt.”



Santa Maria Virgin Coconut Oil, 350 ml, P295.

**What's the difference between using cold and warm wax?**

“Warm wax is better for gripping shorter strands. The heat opens up pores, making it easier to remove hair with less irritations and ingrowns. Cold wax usually comes in the form of a pre-made strip, so it's less messy, faster, and easier to use. Warm wax might be a better choice for sensitive skin.”

**My feet always smell so bad, especially when they're sweaty. Please help!**

“Scrub soles with an exfoliant to remove bacteria-trapping dead skin. Wash feet with anti-bacterial soap, then dry thoroughly. Apply hand sanitizer in between toes, and spritz with an anti-perspirant to keep dry and fresh throughout the day. Got smelly shoes? Sprinkle baking soda onto soles overnight and dump out before putting them on.”

Zenutrients Whitening Turmeric and Lemon Body Scrub, P234. Dove Pure Deodorant Aerosol, P175.



**I love wearing foil tats but they are so freakin' hard to remove!**

“Soak a cotton pad with one of the following: body oil, baby oil, olive oil or coconut oil. Leave the drenched pad on the tattoo for a minute or two. Then, exfoliate the area with a grainy scrub. You might have to repeat this process until your tat is completely gone. Once removed, soothe irritated, overscrubbed skin with lotion.”

# Have glowing skin all over

Change your idea of whitening



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# BEAUTY 101

## DON'T SWEAT IT!

Like your body's own natural A/C unit, perspiration cools you down as it evaporates. Extra-sweaty days, though, require some strategizing.

### HOT SPOT Scalp

Pretreat your hair with dry shampoo (**Toni&Guy Dry Shampoo**, \$9.90)—even if it's clean. It does for the scalp what baby powder does for the body, keeping strands drier by preventively absorbing sweat.

### HOT SPOT Underarms

If over-the-counter deodorants like **Nivea Dry Comfort Stick**, \$15.99, or **Dove Ultimate White Deodorant**, \$19.95, are not strong enough for you, upgrade to a clinical-strength solid—it contains the highest amount of aluminum without an Rx. Apply at night, when sweat levels are at their lowest. "This lets the formula penetrate more easily so you sweat less the next day," says Dr. Zeichner.

### HOT SPOT Inner Thighs

If sweaty thighs rub together, a heat rash can occur. Copy runners and use an anti-chaffing spray (**Trislide Continuous Spray Skin Lubricant**, \$8.02); lubricant lets skin glide against itself. Have a rash? Use hydrocortisone cream twice daily (**Pharex Hydrocortisone Cream 0.1%**, \$10.00).

### MAYBE IT'S NOT THE HEAT

If you sweat regardless of the weather, it may be anxiety-induced. Docs can prescribe beta blockers to help blunt your body's reaction to stressful situations, so you'll sweat less.

*No-sweat solutions for even the hottest summer days!*

### SNEAKY SWEAT TRIGGERS

Caffeine, spicy food, and nicotine set off sweat, so steer clear on hot days.

### HOT SPOT Face

Put down the blotting sheets, and reach for a facial antiperspirant (**VMV Hypoallergenic Essence Skin-Saving Antiperspirant**, \$43.00). Like the stuff for your pits, it plugs sweat follicles with aluminum salts, preventing perspiration without clogging pores, says Dr. Zeichner.


### HOT SPOT Cleavage

Folds of skin create lots of heat, says NYC dermatologist Joshua Zeichner, M.D. Try this hack to save your nice bras: Dust the girls with sweat-absorbing baby powder, then stick panty liners on the inside of cups to prevent any dampness from seeping through.

### HOT SPOT Feet

Trapped heat causes sweat; trapped sweat causes odor. When possible, wear sandals. Otherwise, mist the soles of your feet with an aerosol antiperspirant—and do the same to your shoes' insoles.

**Sweat Like Crazy?** You may have hyperhidrosis—a condition that leaves pits sticky (even drenched!) 24/7. Here are two FDA-approved treatments to consider. **BOTOX:** Injections block the chemical signals from the nerves that stimulate the sweat glands; results last about three months. **MIRADRY:** Using microwave-like energy, this laser device permanently destroys sweat glands.

  
Cristine Reyes  
Model/Actress

BE AN  
*iconic*  
BEAUTY

Get the same flair and edge of timeless beauty icons as you drench your lips in the colors of the **EB Advance Supreme Lipstick Crème Finish**. With a light texture, it glides on with ease, creating a perfect shine without compromising color intensity.

P195



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Cristine wears EB Advance Supreme Lipstick Crème Finish in Venus

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**CoverGirl LashBlast Volume Waterproof in Black**, P545.



**Pond's White Beauty SPF 15 Beauty Day Cream**, 40g, P154.

**INGLOT Freedom System Eye Shadows** in 474, 480, and 52, P425 each.



*Get the secret to Jas' flawless skin!*

## MAKE-UP MUST-HAVES

"You'll find these in my kit: Shu Uemura lip tint and eyelash curler, loose powder, CoverGirl mascara, Pond's White Beauty SPF 15 moisturizer, and mints!"

## GIRL CRUSH

# JASMINE CURTIS-SMITH

## PRE-GLAM

"I love Shu Uemura's Lightbulb Foundation in Moderate Beige, and the colors from this eye shadow palette."

**Maybelline ColorShow Crayon Liner in Light Peacock Blue**, P495.



**Clarins Lotus Treatment Face Oil**, P2,550.

The busy actress/TV host/college student shares her beauty secrets, must-haves, and the one product she's been using since forever.

## SPLURGE SOMETIMES

"Shu Uemura Cleansing Oil is the best! It's pricey, but it's so much better than spending 15 minutes taking off your makeup after a long day."

**Shu Uemura Porefinist Cleansing Oil**, 450ml, P5,295.



**Pond's Foaming Facial Wash**, 100g, P140.



**NYX Born to Glow Liquid Illuminator in Glem**, P520.



## GLOW ON, GIRL!

"Healthy, glowing skin is better than a fully made-up face. Invest in your skin rather than spending too much on makeup."

## BEAUTY ICONS

"Miroslava Duma and Emma Watson always look so fresh—youthful, elegant, and classy!"



## EARLY START

"I was only nine when my tita taught me how to take care of my skin. She introduced me to Pond's facial wash and I've been using it since."

(TEXT) PATRICIA JAVIER, (CURTIS-SMITH) JUN DE LEON, (WATSON) MATT BARON/BEI/REX, (STILLS) LOUIE AGUINALDO, (CLARINS, SHU UEMURA) COURTESY OF RESPECTIVE BRANDS.

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Silka Deo is enriched with papaya enzymes  
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bad odor and keep skin younger-looking.

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Ang Silka Deo, fresher at sleeker na ang look! Available in Silka Papaya,  
Silka Green Papaya, Silka Refreshing and Silka Whitening variants!



# Fun, Fearless Beauty

## BRIGHTEN UP

Give a dull complexion some serious TLC by massaging beads of Vitamin E onto skin. **Etude House Play Therapy Wash Off Pack**, P448.

## GREEN THUMB

We give two thumbs up for this olive oil-based hand cream that hydrates even the driest of hands. **Laino Ultra-nourissant Huile d'olive**, P345.

# P500, TOPS!

Look and feel like a million bucks (without paying the price). No buyer's remorse here!

## HIPPIE CHIC

Being one with nature never felt so right. Sweep earth-toned shadow on lids to enhance your brown-eyed beauty. **Art Deco Eye Shadow in Late Spring Green and Emerald**, P350 each.

## SKIN SAVER

You've heard of drinking green tea for its antioxidants. Get your intake from the inside out with this organic green tea soap. **Earth Therapeutics Green Tea Herbal Soap**, P250.

## WILD THANG

Calling all fierce femme fatales! Unleash your inner wild child with a flash of electric colour on your waterline. **Max Factor Wild Shadow Pencil in Fierce Line**, P495.

## LIP SERVICE

It's always a good sign when the list of ingredients in your beauty product can all be counted on one hand. **Mythos Lip Care in Chamomile**, P195.

## HAND PICKED

A two-for-one product that nourishes hard working hands and strengthens damaged nails. **Heathcote & Ivory Gardeners Shea Butter Hand Cream Trio**, P495 for 3-pack.

## CURL POWER

This herbal, vitamin-enriched mascara curls lashes while keeping them healthy. **Palladio Curls Rule! Mascara in Black**, P475.

## AU NATURAL

Scents of orange douce, ylang-ylang, and patchouli are perfect for unwinding. For the ultimate R&R, pour this oil into a warm bath. **Durance Aromathologie Massage Oil**, P467.50.

## CUPPATEA

Comfort irritated, sensitive skin with a soothing green tea mask. **Etude House I Need You, Green Tea! Mask Sheet**, P58.



# Pink is Beautiful

*"Do you know that it's equally important to care for your skin from within?  
Take Gloww capsule everyday! It has 11 natural ingredients that can give  
you glowing and beautiful skin from within.  
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*-Koreen Medina  
Mutya ng Pilipinas 2013*



*Radiant pinkish skin. It's beautiful.*



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## CHEAT SHEET YOUR OUTDOOR CONCERT KIT

Whether you're raving at Wanderland, jamming at Malasimbo, or just chilling at your local lawn fest this month, stash these beauty essentials in your bag to stay selfie-ready until the last encore.

### 1 HAIRSCREEN

UV filters protect color, prolonging time between salon visits (saving you cash for more concert tix!).  
**Davines Well-being De Stress Lotion**, ₱1,175 SRP.

### 2 WITH THE BAND

Bright, fabric hair ties look equally cute on your wrist and in your hair.  
**Scunci No Slip Grip hairties**, ₱390 for 28-pack.

### 3 KISS CURE

Like a glass of water for your lips, the vitamin E in this balm hydrates while SPF 30 protects from the sun's rays.  
**Nivea Med Protection SPF15**, ₱94.

### 4 TANGLE TAMER

With all the dancing, knots are inevitable. Stay smooth with this detangling brush.  
**Goody Tangle Fix**, ₱789.75.

### 5 SUNNY DAZE

Don't be that girl with the tank top burn. Spritz sunscreen on your body every hour.  
**Bioderma Photoderm Max Spray SPF50**, ₱2,034.

### 6 FINGER PAINTS

This creamy lip and cheek hue is foolproof (even after a couple of drinks).  
**Art Deco Cream Rouge for Cheeks & Lips in Pink**, ₱795.

### 7 QUIT BUGGIN'

Prevent bug bites the all natural way with a citronella-based oil. No scratching!  
**Human Nature Bug Shield**, ₱170.

### 8 PIT STOP

Dancing equals sweating. Tote this travel deo and stay fresh all day.  
**Naturally Fresh Deodorant Crystal**, ₱275.

### 9 POP ART

Get creative and give yourself a temporary tat. Special waxes make these liners smudge-proof.  
**Make Up For Ever Aqua Eyes in Gold and Purple**, ₱1,300 each.

### 10 BLING RING

Sparkly glitter in vibrant shades gives you instant life-of-the-party status.  
**Make Up For Ever Star Powder in Blue and Yellow Gold**, ₱1,400 each.

### 11 SAVE FACE

SPF is the perfect primer for makeup that needs to last through hours' worth of sets.  
**Nivea Sun Daily Face Fluid SPF30**, ₱239.

### 12 SO FRESH, SO CLEAN

Portalets are gross. Enter these antibacterial wipes.  
**PH Care Feminine Wipes in Passionate Bloom**, ₱41. ■

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Model/Actress



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# SUITCASE-SAVVY BEAUTY

All set for the trip of a lifetime! The hardest part? Deciding what (and what not) to bring. Pack smart by swapping liquid beauty products for their solid form. No mess, no stress!

## SWAP lotion FOR A balm stick

Apply this balm to rough spots like feet, knees, and elbows—even on hair to smooth fly-aways!

Deserving  
Thyme Cuticle  
Care Body  
Balm, ₱495.



## SWAP dry shampoo spray FOR dry shampoo powder

This light citrus scent will keep you feeling awake and energized throughout hours of sight-seeing.



Lush No  
Drought  
Dry  
Shampoo,  
₱575.

## SWAP liquid foundation FOR powders, sticks, and solid compacts

Make more room for liquid carry-ons that are a must-pack, like mascara and liquid liner.

MAC Pro Longwear  
SPF20 Compact  
Foundation in  
NC35, ₱2,100.



CoverGirl  
TruBlend  
Fixstick  
Concealer  
in Medium,  
₱525.

## SWAP shampoo FOR A shampoo bar

Shampoo caps open up easily when getting tossed around in your luggage. Not with this baby!



Lush Shampoo  
Bar in Jumping  
Juniper, ₱425.

## SWAP perfumes FOR A solid fragrance

Maximize your space with compact solid fragrances that smell as fresh as they look.



Inglot  
Freedom  
Fragrance in  
Purple Mask,  
Green Fruit,  
Mandarin  
Crush, and  
Golden Wood,  
₱525 each.

## SWAP nail polish FOR nail stickers

Avoid messy spills that can get all over clothes. Just slide these little suckers into your wallet.



Smashbox  
Santigold Nail  
Polish Art Strips  
in Serpent  
Charmer, ₱1,250.

## SWAP eye cream FOR eye pads

These sneaky little things technically pass as a non-liquid since gel is infused within the pad.



Altechek MD  
Eye Gel Pads,  
₱845 for  
10-pack.

## SWAP facial cleanser FOR facial wipes

These on-the-go wipes double as cleanser and makeup remover. Perfect for a quick freshen-up.



Burt's Bees  
Facial  
Cleansing  
Towelettes,  
₱495.

# SPACE-SAVING BEAUTY MATH!

Travel light with these hardworking two-in-one products!

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Benefit Roller Lash Mascara, P1,300.

CLEANSER  
+  
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Estée Lauder Perfectly Clean Multi-Action Creme Cleanser/Moisture Mask, P1,550.

SHAMPOO  
+  
SHOWER GEL  
+  
BUBBLE BATH  
=



Philosophy Shampoo, Shower Gel & Bubble Bath in Melon Daquiri, P1,245.

LIP STAIN  
+  
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=



Benefit Cha Cha Tint, P1,700.

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Moringa-02 Herbal Hair, Skin & Scalp Therapy Oil, P99.75.

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COVERAGE  
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WHITENING  
+  
SPOT & TONE CORRECTOR  
+  
SPF  
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Olay White Radiance CC Cream in Medium, P1,999.

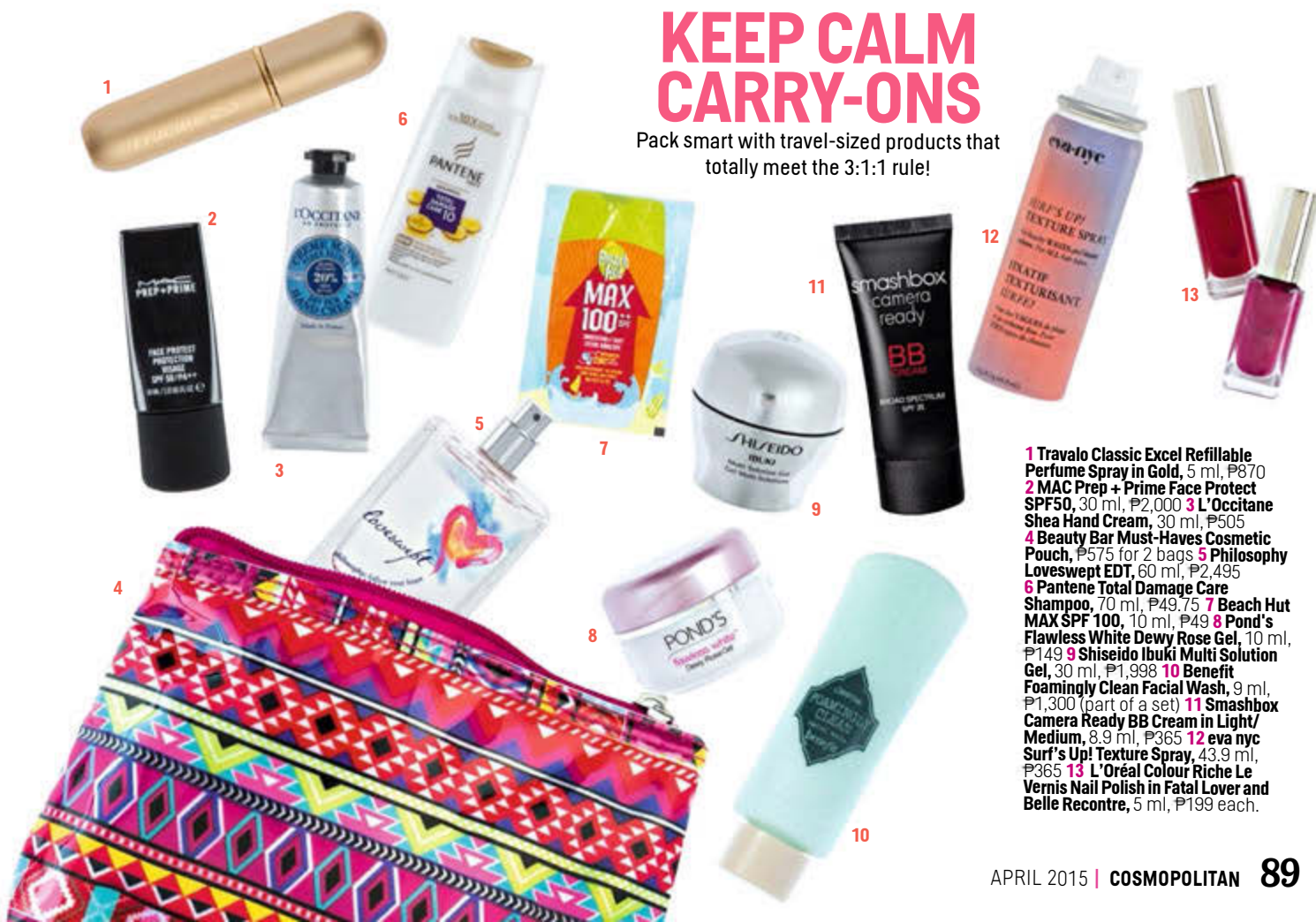
**COSMO'S MVP WINNER**

(most valuable product!)

This carry-on friendly product gets all the jobs done. Talk about a multi-tasker!

## KEEP CALM CARRY-ONS

Pack smart with travel-sized products that totally meet the 3:1:1 rule!



- 1 Travallo Classic Excel Refillable Perfume Spray in Gold, 5 ml, P870
- 2 MAC Prep + Prime Face Protect SPF50, 30 ml, P2,000
- 3 L'Occitane Shea Hand Cream, 30 ml, P505
- 4 Beauty Bar Must-Haves Cosmetic Pouch, P575 for 2 bags
- 5 Philosophy Loveswept EDT, 60 ml, P2,495
- 6 Pantene Total Damage Care Shampoo, 70 ml, P49.75
- 7 Beach Hut MAX SPF 100, 10 ml, P49
- 8 Pond's Flawless White Dewy Rose Gel, 10 ml, P149
- 9 Shiseido Ibuki Multi Solution Gel, 30 ml, P1,998
- 10 Benefit Foamingly Clean Facial Wash, 9 ml, P1,300 (part of a set)
- 11 Smashbox Camera Ready BB Cream in Light/Medium, 8.9 ml, P365
- 12 eva nyc Surf's Up! Texture Spray, 43.9 ml, P365
- 13 L'Oréal Colour Riche Le Vernis Nail Polish in Fatal Lover and Belle Recontre, 5 ml, P199 each.

MAHALAGANG PAALALA: ANG  
iiCARE AY HINDI GAMOT AT HINDI  
DAPAT GAMITING PANGGAMOT  
SA ANUMANG URI NG SAKIT.

## EVERY DAY, WE EXPERIENCE DIGITAL EYE STRAIN



WHEN YOU CAN'T  
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# LOVE LUST & OTHER STUFF

## the cosmo guide to **GIRL ON TOP**

It's our favorite position—in bed, at work, and in life. Why do it lying down when you can hop on top and take control? Grabbing hold of the randy reins may just be the key to your next greatest orgasm.

(TEXT) ANNA BRESLAW, (PHOTO) MOSUNO/STOCKSY

# Classic **MISSIONARY** and **SPOON SEX** are the lazy girl's best friends—you're tired after Bikram, **WE GET IT.** But #RealTalk, sometimes being on the bottom isn't best for your **ORGASM.** !!!

Studies have found that about 25 percent of women can come in any variation of guy-on-top. But three out of four girls at brunch agree: Cowgirl is seriously bomb. Not only will you O easier (and, dude, will you *ever*), but you'll feel (and look) like a boss goddess. Girl-on-top is empowering, orgasmic, assertive, orgasmic, and...did we mention orgasmic?

Unlike guys' orgasms during penetration, yours are less about going straight down to Poundtown and more about how much love your clitoris gets. The ideal body position is any in which his upper pelvis rubs against your pleasure button. "Many women find it's easiest to get just the right clitoral alignment in cowgirl," says sex therapist Stephen Snyder, MD, who has counseled hundreds of couples on their bedroom boogie. Once you're in position, you also need the right pressure and rhythm to get there. And when you're on top, you can make it happen for yourself. After all, you have more freedom to grind against your partner—or reach down and

touch yourself—when you're on top than when you're lying on your back daydreaming about Prince Harry.

Taking charge and getting in the saddle has literally changed women's sex lives. "I orgasm easiest when I'm on top," says Caroline, 27. "I can control the rhythm or say 'Stop moving' to my boyfriend. He's happy to oblige," she laughs. (Not that it matters, but according to an *Esquire* USs urvey, woman-on-top was guys' fave position—more on that later.) If you're feeling lazy, riding him doesn't have to be a workout. Just ask Zoe, 26, another girl-on-top superfan: "If I get tired, he bends his legs and thrusts into me and I just get to hang out and concentrate on my orgasm...which is perfect."

If your Os have been lackluster (or worse, missing) it's time to lasso those suckers. Woman-on-top shows him (and reminds you) that you know what you want and you aren't afraid to go for it. So go do it. In your bed. On your couch. On your grandma's rocking chair. Just get on top. You won't regret it.

80%

OF US NEED  
CLITORAL LOVE  
TO ORGASM.  
IT HELPS IF  
YOU'RE ON TOP!

## YOUR MOST MIND-BLOWING COWGIRL EVER

Girl-on-top is one badass position—with many wild variations. So use the whole buffalo: Here's how to get the (screaming, panting, moaning) most out of girl-on-top.



(PHOTO) MOSCINO/ISTOCKSY.



**GIRL-ON-TOP  
UPGRADE**

Clit not getting enough satisfaction? Slip on a handy finger vibe and do you.

**Defy  
Sexpectations**

No need to bounce up and down at top speed (just because that's how he gets himself off when he's late for work). Switch it up with long, slow thrusts.

**Raunchy  
Rodeo**

Take breaks from the in-and-out action and circle your hips against him (slow figure eights never hurt anyone), so your clitoris gets some love against his pubic bone.

**The Grind**

Got Anna Kournikova quads? Spread your legs, brace yourself against his chest, and bend your knees up and down to grind on him. Your sexy split = deeper penetration.

**Do the  
Rockaway**

In reverse-cowgirl, lean backward (instead of forward toward his feet). It's a primo G-spot angle (for you)—and the illusion of a Kardashi-ass (for him).

**Lusty Lift**

Give yourself a break (and him a treat) by letting him control the action. Lean forward, and have him grab you by the waist or under your bum and lift you up and down onto him.

**Face, Meet  
Boobs**

Have your fave sex object human sit in a chair, and straddle him. You get face-to-face contact and clit friction; he gets personal with your ass and *breastesses*.

**Pressure  
Cooker**

Reverse-ride him with your legs straight in front of you. Clenching your core activates the nerves you need to come. (They call it a tension orgasm. Or magic.)

**GIRL-ON-TOP  
UPGRADE**

Reach down and cup his balls like you're feeling plums at Whole Foods. Working his boys will make his finish feel even bigger.

# Even Cowgirls Get the Blues

He's too big? You're too tall? Never fear: Every straddling snafu has a solution.

**I'm a tiny nymph who is cowgirling a giant. Instead of looking into his eyes, I'm staring directly into his... nipples. What to do?**

Change it up and move the action onto the couch—he sits, you ride, and suddenly, the 3 feet he has on you is all evened out.

**I have killer curves and he's a skinny-jeans hipster. Am I crushing him?**

Cowgirl is the perfect way to bang a diminutive dude. After you've mounted your stallion (or... your virile mini-horse), put one leg on the floor next to the bed so he's not supporting your whole body. Then go right to town.

**I've kind of skipped the gym—for my whole life. So, um... what about #Endurance Problems?**

Take steamy horizontal breaks by lowering your chest onto his body and keeping the action going by moving your butt up and down. Snap back upright Beyoncé-style once you catch your breath.

**He has a supersize peen! Help!**

If you're already lubing up (please say you are), just take as much of him as you can handle. The outer third of a woman's vagina is the most sensitive, and he'll like the shallow thrusting because it works the head of his penis.

**He...doesn't have a supersize peen! Help!**

Count your blessings that he doesn't have a Subway footlong in his boxers, which can make leaning forward during girl-on-top uncomfortable. You can (and should!) lean forward and grind your clit against him.

**How should I be moving my hips?**

Experiment like a mad sex scientist! Try clockwise circles, counterclockwise circles, all the letters of the alphabet. As you do, pay attention to what rings your bell.



**What if I'm not coordinated enough to spin around from cowgirl to reverse-cowgirl?**

The most foolproof way to pull this off is to make sure you're low enough on him so that he doesn't slip out when you spin. But if this isn't in your bag of tricks, chill: We're not all Cirque du Soleil-trained porn stars. Just break and switch positions.

**I have great abs but don't love my boobs. He'll have a perfect view of all my imperfections.**

If he's worth riding, he loves your body. Says one dude: "You're worried I'll have anything but a positive reaction to boobs in my face? Girl, you crazy."

## WHY GUYS LOVE A GIRL ON TOP

As if you needed even more encouragement... guys reveal why woman-on-top is the ish.

"It's a turn-on when she's getting herself off—like if she's rocking in a specific way she likes."

—ZACH K., 27

"When a girl reaches down and touches herself, holy sh\*t. I have to try not to finish too fast."

—BOBBY L., 27

"I love it when a girl pushes on your chest for leverage and really rides the full length of you."

—FRANK K., 26

"It's hottest when I'm sitting up and we look into each other's eyes."

—TONY S., 25

"Nothing's sexier than a woman in control." —NAT H., 24

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# WHAT TO TEXT NEXT?

Whether you think a guy is boyfriend material or you just want to hook up, here's exactly what to type, when.

## YOUR HOWTO DIGITAL DATING GUIDE

### DON'T TEXT FIRST

Matchmaker Renessa Rios advises not texting first. But once he reaches out, it's totally cool to keep things moving. "Send a message that's relaxed and fun, like 'Last night was great. Would love to do it again,'" says relationship pro Charles J. Orlando. Avoid too-soon statements like "Thinking of you," or he may think he's got a clinger on his hands.



### KEEPING THE PACE

Dating expert Adam LoDolce says not to "text him more than he texts you." That includes asking what he's "up to" all the time. "You can't keep tabs on the guy if he's not your boyfriend," he says. Since even short texts (like "hey") can sound desperate, Rios says, text only when you have a reason—or make one up. Maybe you ran into a mutual friend or ate at a restaurant he wanted to try—both are totally acceptable reasons to reach out.



### CLOSE THE DEAL

Show confidence without being aggressive, says relationship expert Lori Bizzoco. Instead of texting something vague like "How was your day?" ask him out. "Inviting him for late-night drinks versus afternoon coffee, signals you're looking for a fun evening." If you simply want a hook up, and you've done so before, text something like "I can't stop thinking about kissing you again," says LoDolce. "If he doesn't get the hint, move on."

56

PERCENT  
OF BREAKUPS  
HAPPEN  
DIGITALLY

### BREAK THINGS OFF

If you've gone out only once with the guy, then a simple "Sorry, I'm really busy, I'd rather just be friends for now" text is fine, LoDolce says. But, if you've been on a few dates, you're going to have to say a bit more. Start with something you liked about him (like his sense of humor), but that you just didn't feel a spark, Rios says. To soften the blow, end with: "I wish you the best—I know the right girl will adore you."



(TEXT) NATASHA BURTON (LEAD PHOTO) CHRIS CLINTON (COUPLE TEXTING)  
MICHAEL EDWARDS (NAKED MALE) B2M PRODUCTIONS/GETTY IMAGES

## TEXTFAILS

"I was complaining to a friend that I needed a pedicure, but I sent the text to a guy I was hooking up with. I think my exact quote was, 'My jagged toenails are cutting me.'" —Emily, 32



"I wrote a long text to my boo saying, 'Hey babe, meet me back at my place and we can eat some Chinese and snuggle all night.' My mom then wrote me back and said, 'Uh, sounds like fun, but I don't think that was for me.' I pretty much wanted to die right there." —Alex, 30



"My biggest text fails always happen when I'm texting different people simultaneously. I've sent my boss texts like 'I can't wait for you to get home!' or 'What's for dinner hot stuff?' And to my boyfriend, 'Shall I pick up some coffee for the meeting?'" —Arielle, 29



"Once I went out to lunch for cheeseburgers with a guy, and then we went to his place to chill. While he was asleep, I went to the bathroom with awful diarrhea. I was mortified! I texted my cousin about what was going on, and a few seconds later, I heard his phone beep! When he woke up and read the text, I tried to laugh it off, but the damage was done. We never saw each other again after that." —Mercedes, 34



# SEXTING 101

The fear of Mom (and the Cloud) can make us shy when it comes to sexting, but sexpert Emily Morse shows us it can be fun.

## If he SENDS YOU A D\*CK PIC

### If you're grossed out 🤢

Feel free to tell him to get lost with something like "Hopefully objects in mirror are bigger than they appear."

### If you think it's hot and want to start some steamy dialogue 🔥

Say something like "There goes my workday, now I'm just fantasizing about the next time I see you."

### If you're not into the picture, but you like the guy 🐶

Give him a second chance. Text: "A little fast there, stud, let's start off with drinks and see where it goes."

## If he ASKS FOR A RACY PIC

### If you're not the type to show your girly parts 🍑

Explain that you'd much rather have him experience you in person. After all, the best things in life are worth waiting for, right?

### If you're more R than X rated 🍑

Choose an outfit that makes you feel hot but doesn't reveal too much. Try a guy's button-down with heels.

### If you want to go all the way 🍑

Make sure your face isn't included! Then, chin up and shoulders back, to push your breasts forward. Me-ow!



## HE SPILLS WHAT HE WANTS TO SEE IN PICS

### SURPRISE HIM

"Receiving a random picture of a girlfriend in lingerie or even a new bathing suit is absolutely amazing," says Jacob, 23.

### DON'T TAKE YOURSELF TOO SERIOUSLY

"A messy-haired morning shot or funny look is very endearing," says Nathan, 28.

### GOOD LIGHTING MATTERS

"No one wants a creepy selfie that looks like you

took it in a bathroom—so not attractive," says Sam, 24.

### GET HIS ATTENTION

"Adding a caption like 'I want you' or 'Come and get me' will send me into orbit," says Joaquin, 24.

### NO AFTER-SEX SELFIES

"Can't we just enjoy ourselves in the afterglow without someone putting a camera in my face?" says Michael, 25.

## HOW TO STYLE YOURSELF FOR SELFIES AND PROFILE PICS

Cosmo's fashion and beauty editors share their top tips for looking #hot.

### THE OUTFIT

Choose colors that complement your skin tone, but avoid busy-looking prints, says Cosmo fashion editor Happy Lopez. Don't wear strapless dresses or bandeau tops—they can make you look like you're naked.

### THE ACCESSORIES

Big earrings? Big no-no. Stick to smaller, non-state-ment earrings that won't overpower your face, suggests Lopez. Also, vibrant necklaces are always pretty and highlight your facial features.

### THE LIPS

Unsure which shade suits you? Try an apricot or coral lip, which pairs well on almost any skin tone and pretty much every outfit, says Cosmo beauty editor Meriam Ahari. Go subtle with a sheer, rather than matte, lip.

### THE EYES

Shimmery white eyeliner on your bottom waterline will make eyes brighter, says Ahari. And don't forget mascara to make your eyes really pop. (Meriam loves Benefit They're Real Mascara—it's false lashes in a bottle.)

# the girls

WHY YOUR EX'S NEW GIRLFRIEND TURNS YOU FROM FEMINIST TO MEAN GIRL

by anna breslaw

For the last six months or so, my ex's new girlfriend's blog has occupied a Toxic Waste corner of my brain previously reserved for YouTube clips of other people's humiliating public falls. When I'm having an especially bad day, I Gchat her posts to my best friend Julie so she can confirm how pretentious and mediocre this girl—let's call her Pretentia—is. Julie is game for this because just yesterday I reassured her that based on extensive Facebook stalking, she's hotter than her boyfriend's ex.

Thanks to social networks, it's become a super-common indoor sport to gather around a laptop for a thorough dissection of the women in your boyfriend's past (or ex-boyfriend's present). Find her most unflattering angles in Facebook photos, smirk at misspelled hashtags on her Instagram, and whoever comes up with the funniest burn wins. Yet after all this cathartic cattiness, you don't even feel better, you just feel empty. Yay?

The first time I stalked her Instagram was shortly after my ex and I hooked up for the last time, when I'd heard he was dating someone new. The first photo on her feed

was of him with a baby—a goddamn baby. From the caption, it was clear that they were dating. It wasn't their baby, duh, but that wasn't the point. After I finished crying in the work bathroom, I was in full-on search-and-attack mode. If this girl had a deleted LiveJournal post from 1999, I'd have found it, read it, and sent it to everybody I know with a cruel subject line.

It's a paradox. Normally I'm a card-carrying feminist, but Pretentia's social-media footprint turns me into Evil Cady from *Mean Girls*, sniping: "I have this theory that if you cut off all her hair, she'd look like a British man." Most of the women I know are the same way. They have tons of female friends, donate to Planned Parenthood, and are outspoken about women's issues—but pull up a photo of their ex's new

girlfriend, and they morph into a hateful Greek chorus of girl-on-girl crime. It turns out that being pro-choice is the easy part of supporting the sisterhood. This stuff? Trickier.

It's not just my friends. According to a study out of Western University in the U.S., 88 percent of 18- to 35-year-olds Facebook-stalk their exes and 74 percent have sniffed around the Facebook page of their ex's new partner. It's impossible to know how many of those people are women gleefully pointing out their ex's new girlfriend's acne over wine and pizza with their friends...but I'd wager it's a lot. Psychotherapist Leslie Bell, PhD, author of *Hard to Get: 20-Something Women and the Paradox of Sexual Freedom*, told me there are multiple reasons we animorph into giant dickheads in this scenario. Your girl-hate may be sparked by lingering feelings of your own romantic investment in the dude. "You're sort of still preserving him as good in your mind in a way. On the other hand, you have no attachment to [the new girlfriend], so there is nothing lost in critiquing her and taking her down." If the breakup was one of those volatile shit shows

...for

where you were brutally dumped and yet he still inevitably comes up in conversation when you've had a few drinks...let's just say I hope her Instagram's private.

You may not even be safe in the cloistered sanctity of your own wine-and-pizza party, says Bell: "You're [doing this] with your friends, but there's certainly a sense of vulnerability. The tables could turn, and you could be the next victim." I disagree to some extent. It's actually a shameful but powerful bonding exercise. But at the same time, the ubiquity of the nasty habit certainly makes me more wary of befriending new women and getting a spear in the back. It's definitely crossed my mind that Pretentia and her friends have stalked and judged me based on my Twitter jokes, my weight, my nose, and a million other tiny, inconsequential

**88%**  
of 18- to 35-year-olds in the  
U.S. Facebook-stalk their  
exes.

# wehate



no

"I hope she gets a huge zit tomorrow..."

things that I've judged the shit out of Pretentia for. In my saner moments, I realize that Pretentia isn't The Worst™—in fact, I'd probably like her if I met her in line for an H&M dressing room. No, I'm guilty of the highest girl-on-girl offense: blaming a girl when I should be blaming the guy. My ex and I had an unhealthy relationship. (I know. Shocking.) I was constantly trying to be "better"—funnier, smarter, skinnier, hotter, more successful—so he'd stop being distant and actually commit. When he committed to Pretentia, I was astounded. Not because she sucked or anything. She is pretty, seems relatively smart, and likes him. It was just that she didn't seem so objectively, next-level amazing. That was who he wanted all along? He wasn't keeping me at arm's length because he was waiting for a Rhodes scholar and part-time Hollister model who works with underprivileged children? Why did I bust my ass so hard to make him like me?

Then it occurred to me that my obsession with Pretentia had very little to do with her. It had to do with my complete misunderstanding of what he wanted all along. He wasn't the right guy for me, but I fell for him anyway, hard enough to spend the next three years teetering on a thin line between self-improvement and self-destruction. All I was doing was dumping the weight of these insecurities on her and giving myself an anxiety-nausea-sadness hangover by keeping up with their relationship via social media, which prolonged my obsession. This went on more or less until I met my current boyfriend, someone who loves me for who I actually am...and, uh, would probably be disturbed to find my ex's girlfriend's Insta in my computer history. So I let go. I quit checking her social media pages, even when it felt like an itch I needed to scratch. Eventually, the itch faded. If you're reading this, Pretentia, I'm sorry I was a creep, and I'd be down to get a drink sometime. ■

reason

"My ex-girlfriend ruined me."

# FOR YOUR GUY DATING RED FLAGS WE WATCH OUT FOR

Do any of these and you'll never hear from us again. Bye.

We've been told one too many times that actions speak louder than words, so yes, we definitely pay close attention. If you want a chance at a second or third date, here's what *not* to do.

## CLING ON TO YOUR BAGGAGE

It's perfectly understandable to bring up your exes once in a while. We'll even exchange breakup stories for laughs! But if you can't stop going on and on about how your ex-flame from college broke your heart into a million pieces right before finals week, something's wrong.

And when you complain about your exes and call them all crazy, we hit the panic button. Ever thought you were the crazy one? You were the common denominator, after all...

Bottom line: No one wants to deal with baggage. We don't even want to deal with our own.

## BE A MAMA'S BOY

It is endearing to know all the details of your beautiful relationship with your mother. It's even more flattering to hear that she'll love us, and that you think we're exactly the type you can bring home to Mom. But if we start feeling like we're the third person in the relationship because Mama always comes first, we have a problem. We cannot constantly seek approval from a woman that isn't us. No one can!

We learned this one way back in high school: Mama's Boys make fantastic friends, but awful boyfriends (and possibly husbands).

## STAY UNEMPLOYED AND UNINSPIRED

You may have been born and raised with your personal *yaya* and driver at your beck and call, but if you're still unemployed and not willing to do anything about it, we're running out the door. We love men who are driven and, well, have their shit together. Do you know how awkward it would be if we brought you to dinner and then our dad goes "So *hijo*, what do you do?"

You see, we like to think long-term when we realize that things are getting

serious. So if we do end up together, will you spend your days on the couch, a bag of potato chips in one hand and a PS4 controller in the other, while we work our asses off?

## HIDE US FROM THE WORLD

So we've been dating for a while now, and I haven't met any of your friends. You've met my entire family, officemates, high school *barkada*, my ex-boyfriend, and my *yaya*. Meanwhile, I haven't even met your pet dog. Every time I bring up the topic, you evade it. What's the deal?

Keeping us in the dark raises our suspicions and can even drive us insane. Are you so embarrassed about me you don't want people to know about us? *Kala mo naman ganu'n ka-guwapo...*

## HAVE ZERO MANNERS

We like to pay close attention to how you treat people around you, especially regular folk—waiters, drivers, parking guys, anyone who's a human being. You see, the way you treat them is very telling of your personality. FYI, unreasonable complaining to a waiter just because your foie-freakin'-gras is taking too long doesn't make you more attractive. It just makes you a douchebag.

So, if you don't even say thanks to my beloved Kuya Jun for dropping you off at home when your car was number coded, don't expect anything else from me.

# HIS POINT OF VIEW FIVE THINGS THAT CATCH OUR EYE AT THE BEACH

We swear, you won't find your abs, boobs, or butt on this list.

"Whatever!" we can hear you say already. "*Tapos sasabihin mo, eyes ang tinitingnan mo. Or face.*"

Actually...yeah. We beachcombing guys, all shiny and glistening with our board shorts and *bilbil*, are always unfairly tagged as boob-men, or butt-men—which sound like the most *manyak* superhero names ever—when, in reality, face-men, and eye-men, and shoulder-men abound. When we appreciate a girl walking toward us in the summer sunshine, we appreciate the entire package. Yep, that includes everything in this unexpected list of stuff girls really rock during beach-and-bikini season.

Just feel free to slap us if we even so much as leer.

**1 Your Back** You could even call this *talikogenesis*, because the back is where it all begins. Before we can begin to check out your boobs and your butt, our eyes must first drink in the stunning beauty of your back. Nicely accentuated with that cute knot of your bikini top and your sunny, sensual tan, the smooth curve of your back is your most arresting treasure, especially when

we're creepily stalking you while you stroll across the beach. Then, you turn around, and, boom, we're in business.

**2 Your No-Makeup Look** To crib a line from Taylor Swift (before she trademarks it and sues our ass into the poorhouse), we *do* like that red lip, classic thing that we like. But when it's time for you gals to hit the beach, most of you will have nothing else on your face except the sun's healthy glow. And that is truly a stunning sight. Everything about you just seems so unbelievably fresher, lighter, and summer-er.

**3 Your Collarbones** While you've been sweating and grunting and early-morning-workout-ing to achieve those abs (we shall not remind you of your ghastly daily *baon* of *kamote*), your reduced body fat percentage has also revealed something just as alluring. On the list of stuff we never knew we liked until we saw them on you at the beach, your fine, fine collarbones are solidly at the top.



**4 Your Sense of Game** What is it about the season that suddenly unlocks your spirit of adventure? Is it the feel of sand between your toes? Is it the blossoming kiss of the sun on your back? Is it the thought of needing to slosh pee over your feet in case you step on a sea urchin's spines? Whatever your reason, your sense of game is just so completely alive this close to the water. Whether it's for a tequila shot at midday or a cliff side jump into the deep blue, you're always up for some beach fun, and that's what makes you so intoxicating.

## 5 Your Life-of-the-Party-ness

It doesn't have to be Labor Day for you to get your party girl on. You've shed your inhibitions like you've shed most of your clothes, and here on the beach, far from your responsibilities, far from your work, far from your overbearing deadlines (and hopefully, also far from your boyfriend, because we'd really like to get your number), you're just letting it all out, and your unshackled spirit infects the crowd around you. Be careful. We just might fall in love.

# manthropo

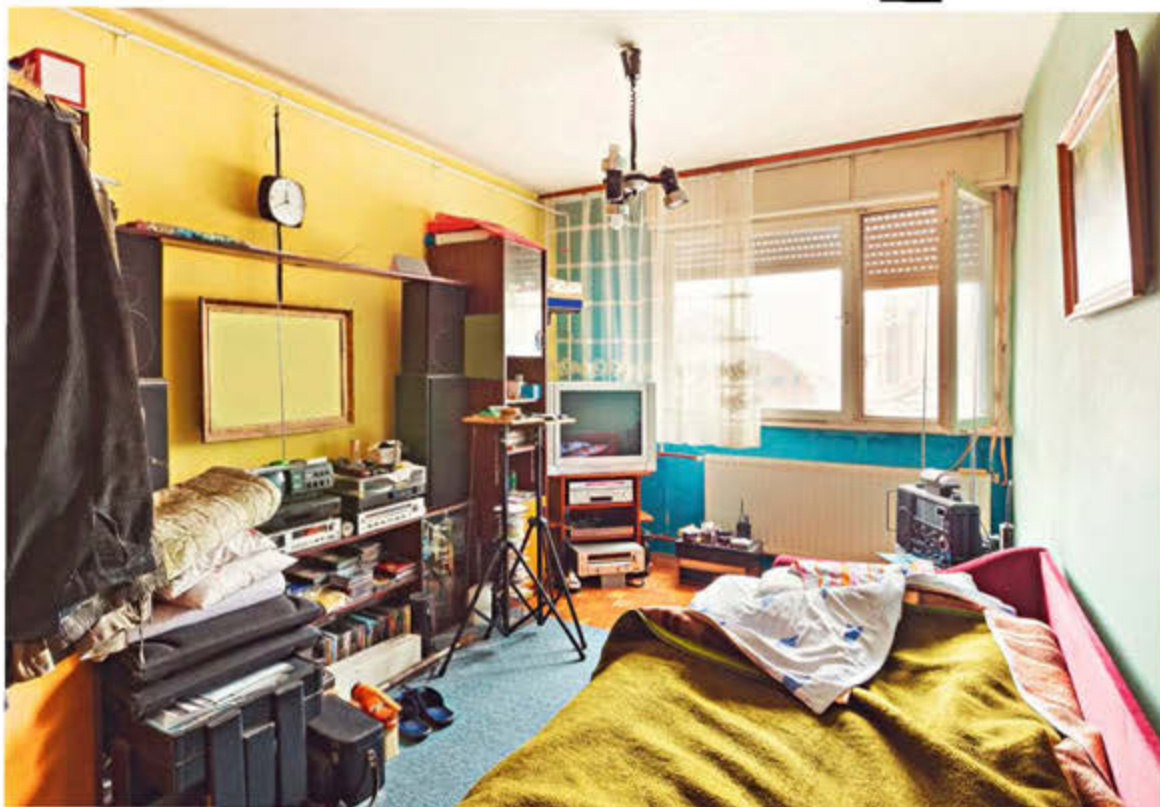
CLEANING IS  
FOR THE WEAK

## Why Don't Guys... Decorate Their Place?

His home is his  
post-apocalyptic  
TGI Fridays.

Men have very limited influences when it comes to décor. Pop culture presents us with two acceptable aesthetics: man cave (framed jerseys, hideous black leather furniture) and serial killer's hideout (blank walls/complete lack of personal effects). When these are your sources of inspiration, it feels daunting to go too far in the other direction—a tasteful mid-century modern abode signals you have way too much time on your hands. In truth, I'd love to have a clean, modern apartment with basics from West Elm.

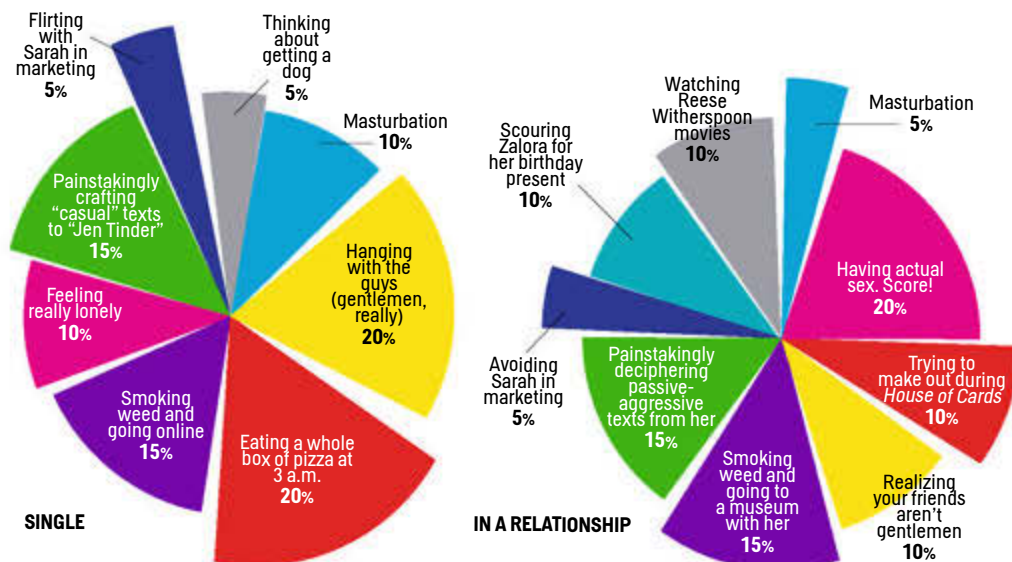
I'm 30, and it's embarrassing that my home resembles an opium den without opium. But I've never learned how to live any other way. It's not like I think signing up for Pinterest will make my penis fall off. But I don't need to learn how to DIY a pinecone into a lighting fixture. I just want to know how high and how far apart to hang two framed posters. Bottom line: If your boyfriend's apartment is basically the inside of a pizza box, he's probably underwhelmed by choices or has no taste of his own. Help a brother out.



### THE SECRET LIFE OF BAES

## How He Really Spends His Me-Time

Does a girlfriend change a dude's everyday time management? Uh, yes.



(TEXT) JOSH GONDELMAN, ALAN HANSON, RACHEL MOSELY, ANNA BRESLAW (PHOTOS) (BEDROOM, GUY TEXTING) SHUTTERSTOCK.

# logy

OF LIKES AND MEN

## The Social-Media-Crush Scale

A retweet might mean he wants to sire your babies. Or he's just bored. When does a Like mean like-like?

HE'S BORED WITH A LAPTOP



**He:** Hearts a photo of your salad bowl *baon* on Instagram.

**What it means:** He's admiring your use of the Walden filter.



**He:** Chimes in on an epic debate about sustainable energy in your Facebook status comments.

**What it means:** Sorry, girl. He's probably just argumentative.



**He:** Added you on Snapchat.

**What it means:** Chance of relationship? Slim. Chance of getting a nude pic? Within five seconds.



**He:** Retweets a dumb joke of yours with a crying-laughing emoji.

**What it means:** He's totally into you.



**He:** Comments encouragingly on a lonely status update you made about a crazy work project.

**What it means:** Love him or he'll die. <3

YOUR FEED IS HIS EVERYTHING



Love, Lust & Other Stuff

KATNISS NEVER-DEEN

## What His Fictional Crush Says About Him

Besides that he needs to spend less time in front of the TV.



### A DISNEY PRINCESS

Maybe he's got the hots for Ariel (he's the knight-in-shining-armor type) or Elsa (he's too young). Regardless, the risk of man-child syndrome runs high.



### DAENERYS TARGARYEN

This *Game of Thrones* badass has legions of followers at her feet. Feel very free to be the boss in this relationship. In other words, spank him when he's bad.



### HERMIONE GRANGER

Hermione fanboys tend to fall into two camps: sensitive braniacs (win!) or cradle-robbing creeps (fail). Can we get a Sorting Hat over here?



### OLIVIA POPE

Anyone who keeps a regular weeknight *Scandal* date with Ms. Pope has a penchant for drama. But in his fantasy, he's competing with the President. Translation? Swag to spare.

# sixty-one

PERCENT OF GUYS BELIEVE IN LOVE AT FIRST SIGHT—EVEN WITHOUT BEER GOGGLES!

SOURCE: DATINGADVICE.COM 2014 SURVEY

## ASK HIM ANYTHING

ADVICE FROM  
COSMO'S VERY OWN  
GUY GURU

"We're both  
on Tinder!"

### Q Uh, I just noticed my friend's boyfriend is on Tinder! Should I confront him? Or tell her?

**A** Screengab this guy's Tinder pic, but don't confront him. They could have an open relationship. They could be fishing for a threesome. Or maybe he's that one-in-a-million guy who forgot to delete his account. Send his pic to your friend and say, "This might not be anything, but I'm forwarding just in case." I once told a guy I knew that his live-in girlfriend posted a Tinder selfie wearing nothing but a bra. I was sure I'd caught her. His reply: "Lol, it's cool. We're both on there. :)"

### Q I'm going to visit my long-distance boyfriend soon, and I will have my period. We've never had period sex before, but I'm totally fine with the idea. Should I suggest it? Are guys okay with it?

**A** By all means, suggest it—and anything else you enjoy. Some guys like period sex, a lot of guys are okay with it, and some guys are grossed out by it. This goes for almost everything sexual you can imagine—from hand jobs to golden showers. Name any sexual contact and there will be men who fall into all three categories: yes, no, and meh. Sure, some guys are grossed out by the sight of blood. But most guys recognize that it's just natural and a little mess doesn't get in the way of pleasure. The only way to find out if your guy is cool with it is to ask him. Since your long-distance relationship means he'll be choosing between period sex and no (vaginal) sex, I'd say the odds may be forever in your favor.

### Q I genuinely love salads, but I hear guys hate it when girls order them on dates. Do guys really judge you based on your order?

**A** Most guys don't care whether you order the quinoa salad or a burger with caramelized onions—they're more focused on whether or not the date is fun. Sure, a dude who eats like Homer Simpson might feel like you're not his perfect culinary match if you don't touch a carb. But faking your order (like your orgasm) could backfire. You could go for a burger and it might turn out your date is a vegetarian who shares your love of arugula. If a guy trash-talks a date over a detail like her dinner order, he's probably making excuses for why she rejected him. So order exactly what you want, and enjoy your salads.

# HINDI LANG PURO HANGIN, SAKSAKAN PA NG PRESKO! KAHIT MAG-BROWNOUT PA!

"Cool ka lang! Kapag mainit na ang labanan,  
hindi ka pagpapawisan kay Tough Mama.  
Kahit brownout! May Rechargeable Electric Fans para  
tuloy-tuloy ang pagpapalamig – kahit anong mangyari!  
Kaya ang hangin ko dapat Tough Mama!"

Janice de Belen  
*Celebrity / Mother*

- Rechargeable electric fans one-of-a-kind in the market
- Patented 5-leaf blade
- Energy efficient
- Affordable
- With service centers nationwide

**Lifetime Free  
Service Guarantee.**



Rechargeable  
Stand Fan



Rechargeable  
Desk Fan



Regular  
Stand Fan



Box Fan



Rechargeable  
Box Fan with LED



**NIKON  
TOUGH MAMA**

Nobody knows toughness like Mama does.

Like us on  Follow us on 

# I TRAVEL FOR A LIVING!

Want to get stuck in a working-vacay situation forever? Take it from four women who made the world their workplace. #Goals

## ADI ZARSADIAS

Yoga teacher and writer  
[lovethesearch.com](http://lovethesearch.com)

**HOW SHE DOES IT:** "Yoga teachers are usually provided with free meals, accommodation, and an allowance. Teaching yoga in Pangulasian, El Nido was like a two-month vacation!"

### A FAVORITE TRAVEL

**MEMORY:** "Living in a tiny hut on the rice fields by the riverside of Vang Vieng, Laos. I had ponies, buffalos and goats as neighbors, watched Lao kids play football at sunset, and practiced my rock climbing skills at the Sleepy Wall."

### YOU CAN AFFORD TO SEE THE WORLD, TOO:

"Learn a skill that gives you the freedom to work anywhere and have different income streams. I earn passive income from renting out a condo unit on Airbnb and I try to bring back unique items from my travels to sell to friends back home. You'll be surprised—you can actually make money to pay for an airline ticket!"

### GOING ABROAD ALONE?

"I recommend Thailand. The people are warm and accommodating, and the food is cheap, healthy, and delicious. Go scuba diving, do Muay Thai training, or try massage, yoga, and healing therapies."



**"LEARN A SKILL THAT  
GIVES YOU THE FREEDOM  
TO WORK ANYWHERE."**

## HANNAH REYES

Documentary and travel photographer  
[hannah.ph](http://hannah.ph)

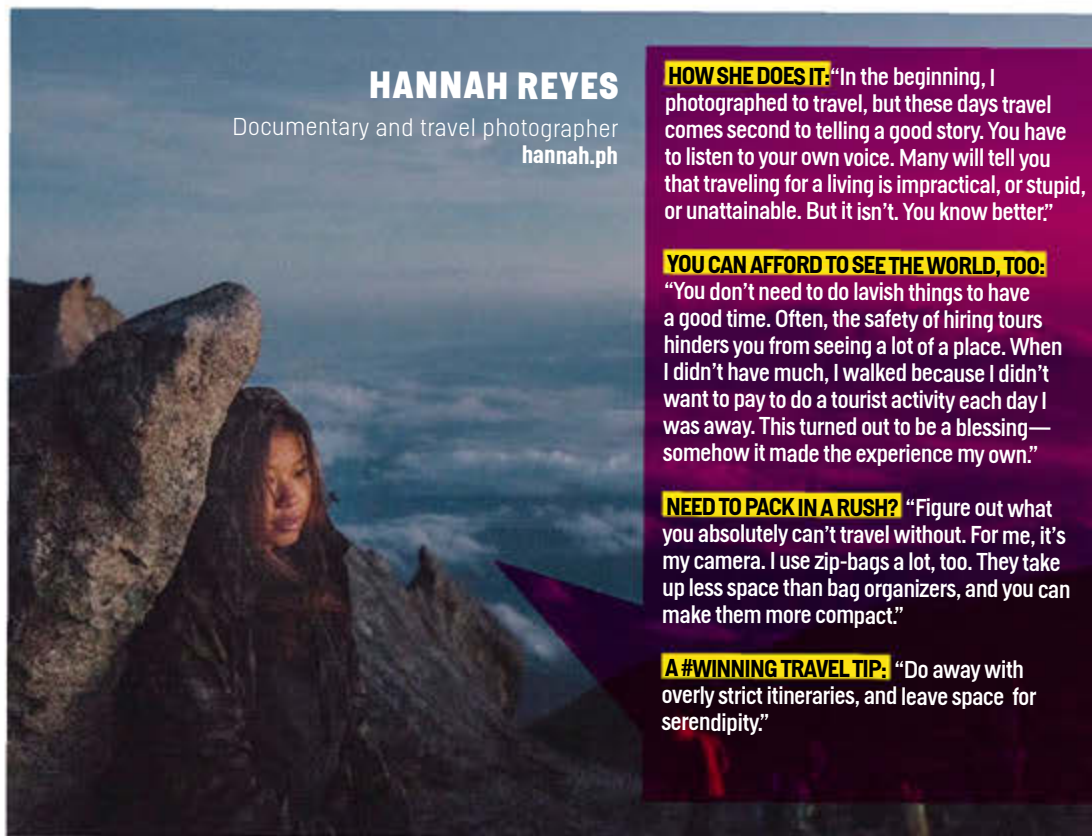
**HOW SHE DOES IT:** "In the beginning, I photographed to travel, but these days travel comes second to telling a good story. You have to listen to your own voice. Many will tell you that traveling for a living is impractical, or stupid, or unattainable. But it isn't. You know better."

### YOU CAN AFFORD TO SEE THE WORLD, TOO:

"You don't need to do lavish things to have a good time. Often, the safety of hiring tours hinders you from seeing a lot of a place. When I didn't have much, I walked because I didn't want to pay to do a tourist activity each day I was away. This turned out to be a blessing—somehow it made the experience my own."

**NEED TO PACK IN A RUSH?** "Figure out what you absolutely can't travel without. For me, it's my camera. I use zip-bags a lot, too. They take up less space than bag organizers, and you can make them more compact."

**A #WINNING TRAVEL TIP:** "Do away with overly strict itineraries, and leave space for serendipity."



**HOW SHE DOES IT:** "I started We Are Sole Sisters five years ago when a former colleague and I decided to travel around Southeast Asia for six months. When I got back to Manila, I was jobless, homeless, and nearly penniless. Worse, I didn't want to stop traveling. So I thought of ways to continue traveling and not have to work a 9-to-5 job again. It was difficult at first, but I learned new skills to earn money. The blog started to attract more readers and I was able to create a decent income stream through advertisers. Every now and then, there are offers to go on sponsored trips."

**YOU CAN AFFORD TO SEE THE WORLD, TOO:**

"If you want it bad, you will make it happen. I made a lot of sacrifices to keep traveling. I simplified my life by selling most of my possessions and I took on a lot of odd jobs. I traveled the cheapest ways possible. It's all been worth it."

**WHEN SIGHTSEEING SOLO:** "I don't reveal that I'm traveling by myself to others. I try to blend in and when I'm asked, I always say I'm going to meet friends or a boyfriend."

**WHY YOU NEED TO TRAVEL:** "We Pinays should travel to have a better understanding of the world. Ultimately, we should travel to be ambassadors of our country. We travel to see the world, but the world also sees our country through us."

## LOIS YASAY

Co-founder and editor-in-chief,  
We Are Sole Sisters  
[wearesolesisters.com](http://wearesolesisters.com)



## STEPHANIE DANDAN

Writer, travel blogger,  
and photographer  
[infinitesatori.com](http://infinitesatori.com)

**HOW SHE DOES IT:** "I used to have a cycle of work-save-travel-repeat. But last July, my work as a freelance photographer, writer, and copywriter allowed me to be location-independent and to travel freely like I had always dreamt. You do have to be disciplined enough to work on your own pace while wandering and exploring."

**YOU CAN AFFORD TO SEE THE WORLD, TOO:**

"Stop buying things you don't need, let go of the things that are weighing you down—physically, emotionally, and financially—and be disciplined in saving. Work, save, travel, repeat, but also, don't let money hold you back. Paulo Coelho said that travel is never really a matter of money but of courage. I know a handful of people who left their countries with only a couple hundred bucks in their pocket—they hitchhiked, stayed with locals, volunteered, and did some of the most unimaginable things for the sake of travel."

**WANT TO TAKE A TRIP ALONE?**

"Don't get too drunk and wander around dark alleys at night. If someone or something seems dodgy and the situation feels wrong, then trust your hunches and take precautions. In traveling and in life, it's very important to follow your instincts."

**A #WINNING TRAVEL TIP:**

"Do something every day that scares you and pulls you out of your comfort zone. I find that every time I get out of my comfort zone, something amazing always happens."

**"IN TRAVEL AND IN LIFE, IT'S VERY IMPORTANT TO FOLLOW YOUR INSTINCTS."**

# GET HOME

# SAFE

Be alert, Cosmo girls, and know how to get around the sins of the city.

Irene, 33, knows her newspaper job ends late. But she has taken cabs at midnight before, and she knows all the precautionary steps. One night in August 2014 didn't seem any different. She boarded a cab to go to Bonifacio Global City, just 20 to 30 minutes away from her office in Makati, when the driver made a detour and declared, "Hold-up 'to. *Huwag kang sisigaw.*"

Two more armed men got in the car—one in the passenger seat, the other beside Irene. If anyone asked, they told her, the one sitting closest to her was her boyfriend. They ordered her to cast her eyes downward as they drove around the city, forcing her to unlock her phone, rummaging through her things for valuables, and emptying her ATM accounts.

As if to comfort her, the men told her it was only money, and she was likely to earn it back. But within seemingly casual conversation, they warned her to stay put or she'd get shot. One of them added, "*Kinamap lang namin 'to, hindi ko nga alam kung buhay pa 'yung driver sa likod.*" At 3 a.m., they stopped at Fairview and escorted her to a bus, giving her just enough money to return to Makati. One of the men got on, too, and watched her from the back until he got off at Shaw Boulevard.

Throughout the three-hour torment, Irene didn't break down. She kept her cool and figured out how to get out of

the situation unscathed. Once she got home, she sensibly canceled all her cards and reconfigured her social media accounts.

A few months later, though, the stress that seemed to have kept at bay crept up. "I started losing patches of my hair," Irene says. She shaved off what was left—a process that she says was much easier than expected—as if to start on a clean slate. Acceptance, she says, helped her move on and learn. She eventually returned to riding cabs, now taking more precautions than usual. "We can be independent and carefree women, but we also have to be cautious," says Irene. "I've also learned how to put strength, courage, and positive thinking to good use. These kept me alive while I was in the cab, and helped me get over the trauma afterwards."

## WATCH OUT! GET UP TO SPEED ON MODUS OPERANDI



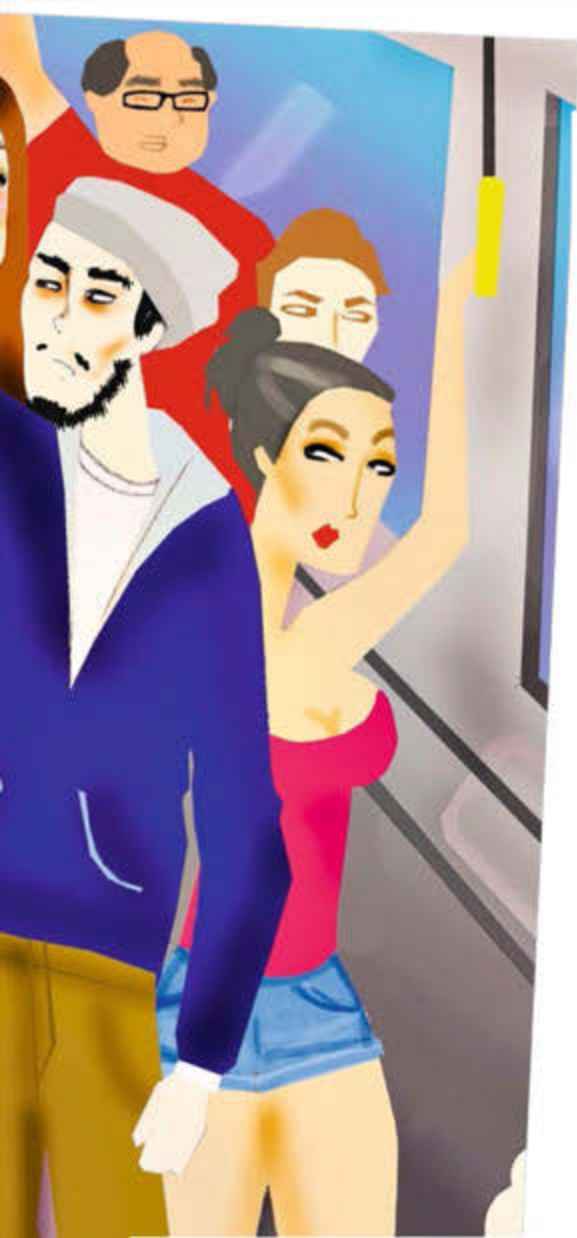
### THE TAXI FRIGHT TOUR

Stella, 25, was anxious about commuting at night, and her anxiety doubled

when the cab driver commented on her "sexy dress." Sensing her unease, he purposely drove around secluded areas far from her destination. The driver stopped at a dark corner, pretended to call someone, and taunted Stella to start texting her relatives of her whereabouts. But it was just a cruel joke. Stella eventually arrived home—safe, but severely shaken.

**Dodge It:** By being the boss. Give the driver no reason to cruise you through peculiar roads or to jack up the fare





with long “shortcuts.” Assert that you’re in control of the situation by specifying the route you want to take.

MO#  
2

### THE GRAB AND GO

Like many solo female drivers, Regine, 27, has a habit of putting her purse on the passenger seat. One day, she had just parked her car and was prepping to leave when a passerby opened the passenger door and pulled out her designer bag—with all of its contents.

**Dodge It:** By being in the present. Appearing distracted might give unscrupulous folk a window of opportunity. Skip the headphones and reply to that text later.

MO#  
3

### THE STRETCH AND STEAL

After two hours of inching through C-5, Kristina, 27, decided to roll down her window to let some air in. Before she knew it, a hand squeezed itself through

the crack and grabbed her phone straight out of her hands.

**Dodge It:** By keeping your gadgets out of sight. If you’re riding a cab, look for the 5” x 8” ID card under the rearview mirror that indicates the driver’s information, and use your phone only to take a photo of the ID to send to a friend. This sends the driver a message that someone already knows where you are.

MO#  
4

### THE BACKSEAT SCOOT

Teena, 28, sits on the passenger seat whenever she rides a cab alone. Last year, in slow-moving traffic, a stranger quickly slid in the backseat and aimed a knife at Teena and the driver. In a matter of seconds, the thief exited the vehicle with all their money, including the cabbie’s earnings.

**Dodge It:** By locking all the doors. Some news reports detail drivers as being accomplices to road robbers. Keep potential conspirators at bay—it’s easier to deal with one sketchy person than a car full of them.

MO#  
5

### THE BASAG-KOTSE GANG

Through the years, the *basag-kotse* has evolved from breaking windows of parked vehicles to dropping rocks from bridges over moving cars, smashing their hoods and windshields. Car owners who stop to survey the damage are then mugged and attacked.

**Dodge It:** By never lingering in the scene of the accident. Secure your vehicle and don’t leave any valuables. When you find your car tampered with in whatever manner, leave and report it to the authorities right away. Thieves might be dawdling in the area to see what else they can get from you.

MO#  
6

### THE FLAT-TIRE FIASCO

Drivers making a stop when nature calls is a common occurrence in Manila, but this recent modus has them pretending to check for a flat. They make their move as you unassumingly stay in your seat.

**Dodge It:** By checking the area. If the driver stops at a bustling place, keep vigilant for any strange movements. In a dark setting, it’s better to be safe than sorry: Exit the cab and quickly head toward somewhere more public.

## In Defense of Self-Defense

It was late one night six years ago when Pamela, 31, decided to take a taxi back to her Makati apartment from a dinner in Katipunan Avenue. What should’ve been a short trip turned out to be a nightmare. “The driver declared that he was going to bring me to his friends to be raped,” she recalls.

Instead of panicking, Pamela started to engage the driver in conversation, trying to negotiate with him by offering money instead. As they talked, she studied an escape plan: while the driver was distracted, she jumped out of the moving car and rolled off the road. Her scraped body was a small price for what could’ve been a worse ending.

Now, Pamela’s graveyard shifts force her to still take public transportation at odd hours, but her experience has gained her invaluable know-how when it comes to public safety. Dindo de Jesus, Asia regional director for the International Krav Maga Federation, also offered quick tips on dealing with sticky cab situations.

### 1. Sit directly behind the driver.

This is the hardest place for him to reach in case he makes any advances.

### 2. Use everyday items to your advantage.

A purse may be used as a shield and its strap to choke. According to de Jesus, perfume can also substitute for pepper spray; and pens, pencils, or keys for knives. Even coins could be thrown at the face of the attacker as a distraction. “These should be followed by a strike from the heel of the palm, a kick to the groin, or a knee kick.”

### 3. Get out. You don’t have to wait for an assault to act.

If a strange glare or the scratched-up details in a cab makes you suspicious, alight the vehicle right away. De Jesus advises to make as much noise as possible, especially in a crowded thoroughfare, to attract attention. You could also casually make the driver aware that you’ve sent his information to someone.



# FIGHT OR FLIGHT?

Make the right choice.

**FIGHT:** The Fairview-bound bus Dani, 27, was riding was held up by six men. She refused to let go of her purse, until they dragged her to the floor. "They wanted the whole thing, and I wanted to bargain with them because it contained my passport and visa for a trip the next month," she explains. They took her bag, and two of robbers started punching and kicking her. She wound up in the hospital, and her face was so swollen from the attack that she was unable to go to work for a week.

**FLIGHT:** It started like any other rush hour on Commonwealth: throngs of people entering jeepney after jeepney. The one Shauna, 31, got into quickly filled up, but as it slowly set off, two men suddenly climbed inside, each wielding a knife. From her place near the door, Shauna thought of making a run for it, but in the end, she gave up her wallet, earrings, and phone.

**WHAT TO DO:** Assess the situation, says de Jesus. "If it's a simple hold-up in a natural setting, like a street, then just give the robber everything. But if it's a home invasion, car-jack, kidnap, rape, or assault, one must fight."

Fighting smart is the key. "You should fight with everything you've got, because there is only a 50-50 chance the assailant will let you live. Use all striking techniques (punching, scratching, kicking). Always remember the vulnerable and sensitive parts of the body (eyes, throat, groin). For lessons in situational self-defense, enroll in Krav Maga (kravmaga-ikmf.ph).

## APP FOR IT?

Stock your smartphone with these commuter apps:



### Uber

Like a personal driver-for-rent, Uber allows customers to reserve and track vehicles. The app can also share the car and driver's details and your ETA.



### Grab Taxi

Grab Taxi combines the conveniences of Uber and Easy Taxi. They have a cab network alerted in real-time, as well as a fleet of private vehicles.



### Easy Taxi

This app acts like an operator and directs partner cabs to booked passengers who have access to the car's location in real time.



### PasaHero

This nifty app lets the passenger broadcast commuting details on social media. In case of an emergency, there's a big red panic button that notifies and sends your location to a specified group of people, including the authorities.



### Tripid

Consider it a more efficient way to carpool. Tripid helps you find people who are going towards the same direction. Potential car buddies communicate via the app's built-in chat system, and payment is made with Tripid credits.

## When Booze is the Bad Guy

Stay safe even when you aren't sober.

Inebriated people are primary targets for robbery and harassment. They also cause dangerous and sometimes fatal road accidents. Driving Under the Influence (whether it's alcohol or drugs) is now a criminal offense that has been enacted into law through Republic Act No. 10586. The Metro Manila Development Authority, Philippine National Police, and Land Transportation Office have the authority to pull over suspected vehicles and conduct sobriety tests on the driver. Those proven to be intoxicated may face jail time and a P500,000 fine.

Protect yourself and others with these handy services that cater to keeping you safe after a long night:

### LIFELINE RESCUE

Lifeline's Driver on Call service brings you a company car with two drivers—one to drive your vehicle and another to offer added security. A 30-minute advanced notice is encouraged before booking.

**Hotline:** 16-911; (02) 839-2520 to 30; 0917-541-6911

**Fee:** P500

### DIAL-A-DRIVER MANILA

Partnered with Pilipinas 911, Dial-A-Driver offers needs-based and short-term professional chauffeur services. If you anticipate some heavy partying a day before, book your personal DAD driver in advance.

**Hotline:** (02) 775-6101; 0905-313-4639

**Fee:** Upon request

A woman with long, wavy brown hair and light-colored eyes is the central figure. She is wearing a white, sleeveless top with a high, intricate lace collar. She holds a bright yellow, rectangular handbag with two top handles and a metal clasp. The background is a light blue-grey with large, flowing, abstract brushstrokes in shades of red, orange, and yellow. The brand name 'SECOSANA' is printed in a bold, black, sans-serif font at the bottom right.

**SECOSANA**

Maybe don't lead the conga line at every office party either.

COOL CAREER

# STAND OUT THE RIGHT WAY

Everyone wants to be noticed...but not for the wrong reasons. **Mika Brzezinski**, Cosmo US columnist and MSNBC's *Morning Joe* cohost flags easy-to-make mistakes.

## CRASHING THE CONVERSATION

The two people in the cubicle next to you are very quietly working through an issue—doesn't matter if it's personal or work-related—and you are sure you know the answer to their problem. Resist the urge to jump in just because you can hear them. They didn't ask for your help saving the day, and there's a good chance they'll be annoyed that you interrupted their private conversation.

## DRESSING LIKE A MINI-ME

I had an assistant who copied everything I wore. She bought the same watch I had, styled her hair the same way I wore mine, and even got the same running shoes. It made me so

## BEING OA AT WORK

**It's a wonderful thing to enjoy your work and to do it exuberantly.**

**But let your work and upbeat attitude shine instead of acting out in distracting ways. Laugh at jokes, but not so loudly that people turn their heads. Whispering with coworkers can make your colleagues nervous ("Are they talking about me?"). And don't be such a loud talker that you distract your cubemates—if you aren't sure, just ask them.**

nervous. Yes, you should take style cues from your boss (if she wears suits, don't wear jeans) to show you get the office culture and fit in with the team. But be true to yourself—don't body-snatch someone else!

## RANDOMLY BRAGGING

You should absolutely raise your hand when you have something to add. But don't feel you need to prove yourself in every conversation. When your boss kicks off Monday morning's meeting with "I hope everyone had a good weekend..." you can smile genuinely and nod, instead of launching into the story about how you scored the new iPhone 6, sat front row at the One Direction concert, or chatted up a big name in your field at a party. If you drop names or waste people's time, they'll be annoyed, not impressed.

## OBSESSING OVER YOUR NEXT MOVE

When interacting with your manager, try not to talk excessively about all the big stuff you want to take on soon or the next job you want at the company. That puts down the job you already have. When I was at TV network CBS, the president of the network told me that he was so refreshed to hear how much I loved my job that it made him want to see me doing more because I showed such spirit and joy.

## SHOWING UP LATE

We're all busy, but don't wear your frazzled-ness on your sleeve. Plan your calendar so you can be at every dinner, lunch, meeting, coffee, and conference call three minutes early. I learned this years ago at a luncheon with a group of important and influential women. There was a mistake with my schedule, and I arrived halfway through the lunch. I was mortified I'd kept these busy women waiting—and I will never make that mistake again. ■

# COSMO CASH PARTY LIKE A RICH GIRL

So what if you're the hostess with the least-ess? Cosmo US financial columnist **Alexa von Tobel**, CEO of LearnVest, and lifestyle expert **Sabrina Soto** help you host a hot summer bash *and* still have cash for a new bikini.

**KNOW YOUR MAX.** Decide how much you'll spend. At the end of this article, add up the cost of drinks, food, and decorations. Over budget? Cut your guest list, or get a good friend to cohost and split the cost with you.

**HAVE IT AT HOME.** Bars usually charge an event fee and drink minimum (no thanks). Fancy up the vibe at home by mixing cocktails yourself (think local juice mixes with Absolut). Visit [CocktailBuilder.com](http://CocktailBuilder.com) for a database of recipes.

**TIME IT WISELY.** Happy-hour drinks and appetizers are cheaper than hosting a meal. Plan on three bites per person. Get one thing that cooks in the oven, a cheese and cold cuts platter, and a selection of chips with dip.

**EDIT YOUR INVITES.** Paperless Post has free, classy digital invitations that make it a cinch to manage responses, so you don't overspend on guests who can't make it. (FYI, making RSVPs public increases the number of

yeses.) Specify when the party ends to minimize lingerers. And saying "Significant others welcome!" on the invite politely implies that random friends are not.

**DON'T DO COCKTAILS.** You'll save by having one signature drink (or one for each host), but you might have to buy the extras some like lemons, limes, and soda. Cheapest option: serve beer and wine. Plan on one to two drinks per person per hour, and set out sodas, juice, and water so guests can pace themselves.

**SAVE ON BOOZE.** Chain supermarkets have decent wines that start at about \$200 a bottle (try brands like Signos or Premio). Save on beer by

ordering straight from the source—San Miguel Beer has a delivery service with affordable rates ([smbdelivers.com](http://smbdelivers.com)).

**DECK YOUR HALLS.** Good music and drinks get you 90 percent there. But if you feel Pinterest-y, riff on items you have at home (a string of lights, candles). Do splurge on a couple of

bouquets of flowers to set a celebratory mood.

**LET THEM HELP.** When your friends ask what they can bring, the wrong answer is "Just bring yourself!" The right answer is alcohol. And be specific, as in "Please bring a bottle of wine you love." ■

Buy your  
friends and  
the island

You, You, You

# BIG IT UP

Time to kick ass with some healthy self-expectations!

## IT'S IMPORTANT TO

**EMBRACE** yourself, flaws and all—but when it comes to your life goals, don't risk complacency by sinking into a comfort zone. True happiness rests on taking the talent you were born with and the knowledge and skills you've acquired, and using them fully for a purpose that makes you feel worthwhile by your own internal standards, says behavioral scientist Denis Waitley, author of *The Winner's Edge*. And the key to this is self-expectation. "There never was a winner who didn't expect to win in advance," he says. "Winners understand that life is a self-fulfilling prophecy." They expect a good day, a raise, to find a parking space, a good relationship—"and they usually get them."

There's a science behind this. Our bodies produce endorphins, chemicals that reduce unpleasant stimuli and gives us feelings of wellbeing—and research suggest our expectations shape this. Waitley quotes a study where wires were wired to electrodes and asked to perform scenes. When they played angry characters,

**Future's so  
bright!**



(WORDS) GLYNIS HORNING, (PHOTO) HANNAH REYES.

their endorphin levels dropped—but when the scenes called for them to show joy or love, the levels shot up.

Bottom line? “What you ask for is what you get,” says life coach Nia Maritz, M.D. If you don’t ask, you won’t get—even from yourself. Stop saying “I can’t do X” or “I suck at Y”. Expect more of yourself and life—and you will make it happen. To reach new heights you need to push yourself—often. “If you don’t, how will you know how far you can go?” asks Craig Jarrow, author of *You Are Stronger Than You Think*. These steps can help:

**1 Recognize that you are disappointing yourself.** Do you have a sense of dissatisfaction with your efforts in life? It’s a sign that you have expectations of yourself that you are not reaching, says business coach Annie Sisk of [pajamaproductivity.com](http://pajamaproductivity.com).

**2 Be clear about what you expect of yourself** in each area of your life—work, relationships, creativity,

health, fitness. Write it down. “We’re quick to say, ‘If it goes wrong, I’ll do X,’” says Maritz. “What if it goes right? How successful can you be?”

**3 Decide on your most important expectation** in each area, and tackle one aspect of it everyday. Dare yourself to do something new or extra, Maritz says. This could be signing up for a short course in preparation for that promotion or transfer you’re after; running an extra two kilometers tonight in preparation for your first 10-k or finally planning that Mt. Pulag climb.

**4 Use the satisfaction and endorphin rush** you get from accomplishing each step to power the next one, building confidence and having a blast along the way. “Finding excitement and what you love is in the discovery of accomplishing a task,” says Maritz. “You may not enjoy all of it—but focusing on the parts you do enjoy will bring insight.”

**5 When you trip up, which you will**, remember that tripping is just a lesson in disguise, she says. Use it to make you stronger, and push on with a smile. Smiles will help you feel better and draw others to you, helping your progress.

**6 Use positive self-talk**—“I can do this”, “I will succeed”—and visualization. See yourself fulfilling your expectations, says Maritz. “As Henry Ford said, whether you think you can or you you think you can’t, you’re right.” With belief in yourself you can achieve things that astonish you, as you continue to stretch your boundaries.

## ...BUT KEEP IT REAL!

**There’s a difference between giving yourself a healthy nudge and pushing yourself to the point of breakdown.**

### DO YOUR FRIENDS THINK YOUR EXPECTATIONS ARE REALISTIC?

Ask them, remembering that they may have agendas or biases of their own.

### DO YOU BALK AT ASKING FOR OUTSIDE HELP OR ADVICE?

You’re putting unnecessary pressure on yourself—probably because you sense you’re out of your depth.

### DO YOU WAKE UP EACH MORNING WORRYING THAT YOU WON’T ACHIEVE ALL

### YOU HAVE SET YOURSELF?

If shifting deadlines or sharing the load won’t do it, you may need to reconsider.

### DO YOU FEEL UNHAPPY AND UNFULFILLED?

You may be expecting too much from your job, relationship, or whatever you’re working on. Re-evaluate what your true interests and passions are, says Rhonda Britten, author of *Fearless Living*. “People who are pursuing their dreams, interests, and passions are happier than those who are not.”

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You, You, You

# THE SECRET TO BEING HAPPY

## XANDRA ROCHA ARANETA

Travel show host and food adventurer Xandra Rocha Araneta, 28, is a natural ray of sunshine who always looks on the bright side of life. Here, her guide to embracing the positive vibes.



Food faves:  
foie gras and  
ice cream



Happiness is...

### NOT TAKING LIFE TOO SERIOUSLY

I just got married a year ago and my husband and I are constantly learning new things about each other, even after eight years of dating. We're best friends, and we love doing the silliest things together like dressing up our bulldog, Tony, in the goofiest outfits. Laughter definitely helps us get through tough times. Life is unpredictable, but seeing humor in the little things easily turns any bad day around.

### ALL ABOUT BALANCE

I got my passion for food and eating from being part of a family that loves to eat and from growing up in the Philippines, where we feed others as a way to show hospitality. Of course, it's all about balance. I would gain a ton of weight if I ate cheeseburgers and drank milkshakes all day! Luckily, I enjoy Plana Forma and Pilates, and eating healthy as much as I enjoy indulging. I actually

enjoy my meals more when I feel like I deserve them. I don't like depriving myself, but I also like the feeling of enjoying treats once in a while. Eat what you want, but watch what you eat. That's one of my mottos.

### GOING BACK TO THE BASICS

On my show *Something To Chew On*, we visit a lot of humble places like markets and homegrown businesses. A lot of the people I speak to aren't well-off, but they're extremely welcoming and generous, which speaks volumes. Some people in rural areas may have less, but they're genuinely happier. In a consumerist-driven city, you're always chasing after something; in the province, having the basics is more than enough, and it's great to

recognize that. Visiting these places also helps me immerse myself in nature, and I believe this cleanses your soul and

Xandra's  
"kids": Tony  
and Khaleesi



"You can't  
be greedy  
with  
happiness."



Jazz music  
is <3

Burning  
calories  
with  
Forma!

reminds you of what matters in life. You see that the world is vast and bigger than yourself, and that keeps you grounded.

### CONSTANTLY LEARNING

When you travel, you're always learning and discovering—whether it's through eating new things or meeting interesting people. Traveling makes me feel like I'm truly living life to the fullest! I gain memories that last a lifetime.

### SHARING THE GOOD VIBES

When something riles me up and all I see is the negative, I know I have to change my perspective. Choosing to think optimistically is an exercise: I make a conscious effort to look on the bright side so I can avoid being trapped in a negative mindset. A big part of true happiness is sharing it with others, too. Little things make a difference, like smiling at the security guard who opens the door for you. When you're truly happy, you can't help but spread the love. It's contagious.



Honeymooning  
with the hubby  
in Africa

### Why Optimistic Thinking = Happiness

"Optimistic thinking motivates people to continue to persist and to work to find solutions, even when situations look bleak. Because optimistic thinkers focus on control, they don't slip into helplessness. And because they persist, they tend to succeed."

SOURCE: DR. KAREN REIVICH, PH.D. AUTHOR OF THE OPTIMISTIC CHILD AND THE RESILIENCE FACTOR

1

Get a pedi on the reg. Flip-flops and sandals call for cute tootsies, ya hear?

3

Slip into that super sexy bikini you've been saving for YEARS.

2 SAY YES WHEN THE GIRLS INVITE YOU TO A SPONTANEOUS ROAD TRIP. UNPLANNED ADVENTURES MAKE THE BEST MEMORIES!

4

Wear cool-on-the-skin silk undies, even if you'll just be in the office all day. #Sexy

5

Disconnect on your next vacay. Bask in your me-time, not in your e-mail.



It's not just the sun that's scorching!

## COSMO COMMANDMENTS

# 10 WAYS TO FEEL EXTRA IRRESISTIBLE THIS SUMMER

6 Sweat it all out—even more than usual—and join a group exercise class. Zumba is not just for *titas*.

7 Bring out the go-getter in you and do something you've always wanted. Skinny dipping, anyone?

9 A HOT TEMPER = NOT SEXY. WHAT IS? BEING ABLE TO SHRUG OFF ANNOYING SHIT, NO MATTER HOW SHITTY IT IS.

10

REMEMBER, THERE IS NOTHING SEXIER AND MORE IRRESISTIBLE THAN A WOMAN WHO KNOWS SHE'S HOT AF.

8

So you've never had a Brazilian? Now's the time. It is life-changing, swear.



**Brave  
new world**

Dress, P1,299.75, and vest,  
P1,999.75, both L'Indochine.  
Necklace, Parfois, P1,290.  
Belt, SM Department Store,  
P299.

# wander girl

Be a style nomad in  
a mélange of ethnic  
prints and exotic  
pieces on your next  
fashionable foray.

**PHOTOGRAPHS BY CHOLO DELA VEGA**

Shot on location at Cintai Corito's Garden, Batangas.

(STYLING) HAPPY LOPEZ AND DONNA CUNA-PITA, ASSISTED BY CARIE AGUILA, IMAKEUP/OMAR ERMITA FOR SHU UEMURA.  
(HAIR) EDDIE MAR CABILLES, (MODEL) JULIA QUISUMBING OF PRIMA STELLA MANAGEMENT, SHOT ON LOCATION AT  
CINTAI CORITO'S GARDEN, SITIO PANDAYAN, MALABANAN BALETE, (+63917) 833-1508, CORTOSGARDEN@GMAIL.COM.

## Free spirit

Dress, Forever 21,  
P1,175. Necklace,  
Parfois, P590.





**Scale new heights**

Bikini top, P960, and pants, P1,015, both Forever 21.  
Bracelet, Parfois, P590.  
Wedges, Primadonna, P1,899.



## Take a moment

Coverup, ₱4,490, and shorts, ₱2,490, both River Island.  
Bikini top, Anemone, ₱1,995.  
Bracelet, Parfois, ₱590.  
Sandals, Primadonna, ₱1,399.

## Sweet stopover

Bikini top, Forever 21, ₱735.  
Pants, L'Indochine, ₱1,399.75.  
Bracelets, Parfois, ₱449.  
Earrings, ₱590. Sandals, SM  
Department Store, ₱499.





## Take flight

Jumpsuit, Forever 21,  
P1,435. Scarf, L'Indochine,  
P1,799.75. Earrings,  
Parfois, P590. Sandals, SM  
Department Store, P499.

## Here and now

Top, ₱755, and shorts, ₱755,  
both Forever 21. Kimono top,  
₱1,395. Cuff, ₱449, and ring,  
₱290, both Parfois.



# GAME ON

Talk about love all — supermodel Nicole Trunfio aces it on court in crisp white summer threads.

STYLING BY NICOLE ADOLPHE



## GRAND SLAM

Jumpsuit, Alice McCall.  
Heels, Nine West. Necklace,  
Thomas Sabo. Rings and charms,  
all Pandora.

## MATCH POINT

Jacket, Flinders Keepers. Knit,  
Cotton On. Culottes, Bardot.  
Shoes, Senso. Sweatband,  
Signature Sports at Rebel  
Sport. Earrings, Swarovski.  
Bangles and rings, both Equip.





**HOT SHOT**

Dress, Ministry of Style.  
Earrings, Swarovski.  
Rings, By Charlotte.



#### **WILD CARD**

Shirt, Liliya. Cropped top, Minty Meets Munt. Shorts, Wrangler. Shoes, Volley. Earrings, Swarovski. Necklace, Alex Monroe. Bangle, Equip. Rings, Lovisa. Socks, Ambra.

## SMASH HIT

Dress, Magali Pascal. Shoes,  
Volley. Bangles, Swarovski.  
Socks, Ambra.



## OPEN STANCE

Trench, Michael Lo Sordo. Top, Supré. Pants, Witchery. Sunglasses, Equip. Earrings, Swarovski. Necklace, Lovisa. Watch, Ice Watch. Bangle, Colette by Colette Hayman. Bag, Lacoste.

HAIR BY MICHAEL BRENNAN/THE ARTIST GROUP. MAKEUP BY MAX MAY/DLM. MODEL: NICOLE TRUNFIO/IMG MODELS. STYLING ASSISTANT: LAUREN PIRRECA. SHOT ON LOCATION AT MACCABI TENNIS, SYDNEY.

**PAINT THE LINES**

Dress, Cameo. Earrings,  
Swarovski. Necklace, Samantha  
Wills. Watch, Swatch. Bag,  
Lacoste.



Talk about love all — supermodel Nicole Trunfio aces it on court in crisp white summer threads.

# GAME ON



Jumpsuit  
Seventh  
Street,  
P1,020.

Necklace,  
Fashion  
Spice  
Manila,  
P495.



Heels,  
Charles  
& Keith,  
P3,150.

Bag,  
Zara,  
P795.



Rings,  
Fashion  
Spice  
Manila,  
P250.



Jacket,  
Zalora,  
P1,299.

Rings,  
Mango,  
P695.



Top, Fab,  
P499.75.



Culottes,  
Topshop,  
P2,995.



Sandals,  
Nomadic  
Way,  
P1,195.



Bag,  
Charles  
& Keith,  
P3,599.



Heels,  
Jhajang  
Manila,  
P530.



Rings,  
Fashion  
Spice  
Manila,  
P250.



Top, River  
Island,  
P1,895.

Pants,  
Suiteblanco,  
P1,279.



Earrings,  
Fashion  
Spice  
Manila,  
P150.





Top,  
**Suiteblanco**,  
P2,199.



Clutch,  
**Charles  
& Keith**,  
P2,699.

Necklace,  
**Fashion Spice  
Manila**, P495.



Top,  
**Zalora**,  
P849.



Cardigan,  
**Zalora**,  
P969.

Watch,  
**JC  
Watches**,  
P995.



Necklace,  
**Mango**,  
P795.

Dress,  
**Zalora**,  
P1,099.



Crop top,  
**Apartment  
8**, P1,014.

Necklace,  
**Fashion  
Spice  
Manila**,  
P495.

Rings,  
**Mango**,  
P695.



Shorts,  
**Suiteblanco**,  
P1,199.



Shoes,  
**Zara**,  
P3,995.



Sneakers,  
**Mango**,  
P2,950.



Skirt,  
**Something  
Borrowed**  
P649.



Pants,  
**Zalora**,  
P699.



Earrings,  
**Mango**,  
P795.



Shades,  
**Ray-Ban**,  
P12,990.



Heels,  
**Charles  
& Keith**,  
P2,399.

Watch,  
**Nixon**,  
P4,600.



Bag,  
**Charles  
& Keith**,  
P3,599.



## Facial

Vacations are prime time for breakouts! Anything from changes in climate to diet can affect your complexion. Make a clean start by scheduling your facial pre-vacay.

Hat, H&M. Shorts and rings, American Eagle Outfitters. Tank top, Bench. Cardigan, Vero Moda. Necklace, Fashion Spice Manila.

# Getaway Beauty

Stay primped and prepped, no matter where you're heading this summer!

PHOTOGRAPHY BY PAOLO PINEDA  
SHOT ON LOCATION AT NUVALI



## Lashes & Brows

Super strict airport rules don't always allow for packing essentials. When forced to leave your beauty tools behind, make sure brows are groomed and look made up in an instant with lash extensions.

Dress, American Eagle Outfitters.

## Blowout

Your idea of R&R might be roughing it in the woods, but you can't shower for *how many* days? Nothing a good blowout can't fix! Schedule your appointment the evening before you leave.

Dress, Vero Moda.  
Bracelet, L'Indochine.





## Hair Removal

Luckily, you've thought ahead and had your girly bits lasered or waxed. Now you can beach bum it in that itsy-bitsy bikini without having to worry about razor bumps or the hassle of shaving.

Bikini, I Love You.  
Mat, Yakang Yaka Barter.



## Gel Mani & Pedi

There's nothing more aggravating than having your brand new mani chip before even getting home. Not to mention how dull the sand, ocean, and pool can make your color. Make tips last by treating yourself to a gel mani-pedi right before vacation.

Tank top, Bench. Cardigan, Zara. Scarf, H&M. Rings, Fashion Spice Manila and American Eagle Outfitters.

GET THE LOOK

# Getaway Beauty

You've groomed from head to toe with help from some of Manila's finest salons. Now, to maintain your fabulousness!



## Lashes & Brows

Tightline lids with **Maybelline HyperSharp Wing Liquid Liner**, ₱399. Brows look natural with short, quick strokes of **Maybelline Fashion Brow Sharp Pencil**, ₱359 in Dark Brown.



**SAVE**  
**Let's Face It**  
letsfaceit-spalon.com  
**SPEND**  
**Lash Wishes**  
facebook.com/lash.wishes  
**SPLURGE**  
**Xtensions**  
Xtensions.com.ph

**SAVE**  
**Brow Lounge**  
(02) 403-5803  
**SPEND**  
**Brow Studio**  
facebook.com/BrowStudioPhils  
**SPLURGE**  
**Browhaus**  
browhaus-manila.com



## Facial

Protect skin from the elements with **Clarins UV PLUS SPF50 in Fairness**, ₱2,750. Your derma was booked? Give yourself an at-home facial with a detoxifying mask like **Human Nature Detoxifying Mask+Scrub**, ₱249.75.



**SAVE**  
**YSA Skin Care Center**  
ysa.com.ph  
**Let's Face It**  
letsfaceit-spalon.com

**SPEND**  
**Dermologica for Rustan's**  
rustan's-thebeautysource.com  
**Facial Care Center**  
facialcarecentre.com.ph

**SPLURGE**  
**The Skin Specialist**  
(0917) 810-1319  
**Aesthetic Science Clinic**  
aestheticsscienceclinic.com



## Blowout

Elongate the life of your blowout by spritzing **TIGI Bed Head Oh Bee Hive Matte Dry Shampoo**, ₱1,500, onto oily roots and throughout limp locks.



**SAVE**  
**The Style Run**  
(02) 632-904-6271  
**Blo Blow Dry Bar**  
blomedry.com

**SPEND**  
**Piandré Salon**  
piandre.com  
**Basement Salon**  
basementsalon.com

**SPLURGE**  
**JuRo Salon**  
facebook.com/JUROSalon/Exclusif  
**Park Jun Beauty Lab**  
facebook.com/pjbeautylab



## Hair Removal

Lighten dark underarms with whitening deodorants like **Dove Ultimate White Roll On deodorant**, 40 ml, ₱95, or **VMV Hypoallergenic Illuminants + Axillight Treatment Antiperspirant**, ₱955.



**SAVE**  
**Bare Skin Waxing Studio**  
facebook.com/bare skinwaxingstudio  
**Lay Bare**  
lay-bare.com

**SPEND**  
**Skin Station**  
skinstation.ph  
**Wink Laser Studio**  
winkstudio.ph

**SPLURGE**  
**Strip Minsitry of Waxing**  
strip-manila.com  
**The Aivee Institute**  
aivee.ph



## Gel Mani & Pedi

Sunscreen contains ingredients that break down polish. Keep sunscreen off your mani with a spray-on SPF. We love **Ocean Potion Instant Dry Mist SPF30**, ₱545, and **Belo Ultra Gentle Sheer Spray SPF50**, ₱539.75.



**SAVE**  
**I Do Nails**  
facebook.com/IDoNailsServices  
**Nail It**  
facebook.com/nailitaffordableluxury

**SPEND**  
**Dashing Diva**  
shop.beautybar.com.ph  
**Nail Tropics**  
http://nailtropics.com/

**SPLURGE**  
**Maison By Nail Spa**  
nailspa.com.ph  
**Manos Nail Lounge**  
manosnailounge.com

(TEXT) MERIAM AHARI (PHOTOS) PAOLO PINEDA (STILLS) LOUIE AGUINALDO (OCEAN POTION) COURTESY OF BRAND (SITTINGS) AGOO BENZON (MAKEUP) ARCHIE TOLENTINO (HAIR) ETHAN DAVID (NAILS) ROSALY COCOT OF TRIPLE LUCK BROW & NAIL SALON (STYLIST) CAMILLE SANTIAGO (MODEL) VANESSA MATSUNAGA OF MERCATOR MODEL MANAGEMENT (SHOT ON LOCATION AT NUVALI, STAR ROSA, LAGUNA, NUVALI PH)



### True Color Clarity with Revlon Ultra HD

Let your lips be brighter than sunshine with the New Revlon Ultra HD Lipstick, available in 20 shades. Straight from the lip leaders, this game-changing lipstick is formulated with wax-free, high-def gel technology that boosts true color clarity in one smooth coat.

SRP: P625.00

Available at SM, Watsons, Robinsons, Landmark, PCX, Metro Gaisano, Sta. Lucia Department Store, and other retail stores nationwide.



### Summer Beauty with Pynocare

Can't stand the dark spots on your face? Free your skin from unsightly spots with Pynocare. It also protects your skin from the harsh UV rays of the sun, which causes wrinkles, spots, and uneven skin tone. Take a capsule twice a day to get visible results in as early as 8 weeks.

For more info, contact the Mega We Care Hotline at 894-11-11 or 0917-827-4330.



### Bea Binene's Secret, Revealed!

Want to know Bea's secret to her hot bod and sexy skin? Easy. She takes VeriFIT Slimming Capsule, which contains L-Carnitine and Collagen. This pill is a total standout as it provides weight loss and anti-aging effects. #Win

Available at Mercury Drug, SouthStar, Watson, and other leading drugstores and pharmacies nationwide.

**FUN**  
*fab*  
**FINDS**

*Stay pretty and  
fab with these  
picks!*

### Just Gloww

Don't let the heat dry up your skin! Gloww's SKHN (Skin Health and Nutrient Complex), a special blend of natural ingredients, helps you achieve the healthy and youthful skin you've always wanted.

For more info, contact the Mega We Care Hotline at 894-11-11 or 0917-827-4330.



### Total Beauty with Kokuryu

Fact: Hair ages just like your skin. When this happens, it leads to dullness and thinning—and you don't want that, for sure. Nourish your hair with Kokuryu Hair Tonic to boost the growth and manageability of your tresses.

For more product information, you may call 242-0883 and 242-0968. Kokuryu Cosmetic Products are available at all SM Department Stores, Metro Gaisano Mall, Landmark-Makati, Landmark-Trinoma, Market Market, Mercury Drug Store-All Branches, Watsons-All Branches, Isetann Department Store, and Friendswoods-San Juan Branch.



### My Little Skin Secret

Improve the appearance of scars, stretch marks, and uneven skin tone with Bio-Oil. It has a unique formulation, which contains the breakthrough product PurCellin Oil. TM is also highly effective for aging and dehydrated skin. Grab your bottle now of Bio-Oil for P495 at Mercury Drug, Watsons, and other leading drugstores nationwide.

# HOT & HEALTHY

## YOU BRING YOUR INBOX TO BED

Checking e-mail at night may make you worse at your job by messing with your focus the next day, according to new research. Set your phone to switch to do-not-disturb mode at 9 p.m.—you can play Kim Kardashian's Hollywood app when you get your A.M. coffee.

## YOU ONLINE-SHOP WHEN YOU'RE BUSY-BORED

So much to do, so not excited about it. Instead of taking a mental break by ordering from IG shops, Pin vacay spots or lobs you love. Anticipating experiences—maybe a girls' trip?—makes us happier than possessions do, says a study in *Psychological Science*.

## YOU EAT DESSERT AFTER LUNCH

Build sweet but healthy stuff into your meal, like an orange, so you're not fiending for sugar later, suggests Anar Allidina, RD, a dietitian in Toronto. Seal the deal with gum or a mint afterward to signal that mealtime is over.

## YOU CAN'T IMAGINE WATCHING GIRLS WITHOUT MERLOT

To sleep like a baby after watching your nightly series catch-up, swap in something tasty and soothing sans alcohol. Try sipping hot tea with honey or warm almond milk with cinnamon, or munching on unsalted trail mix.

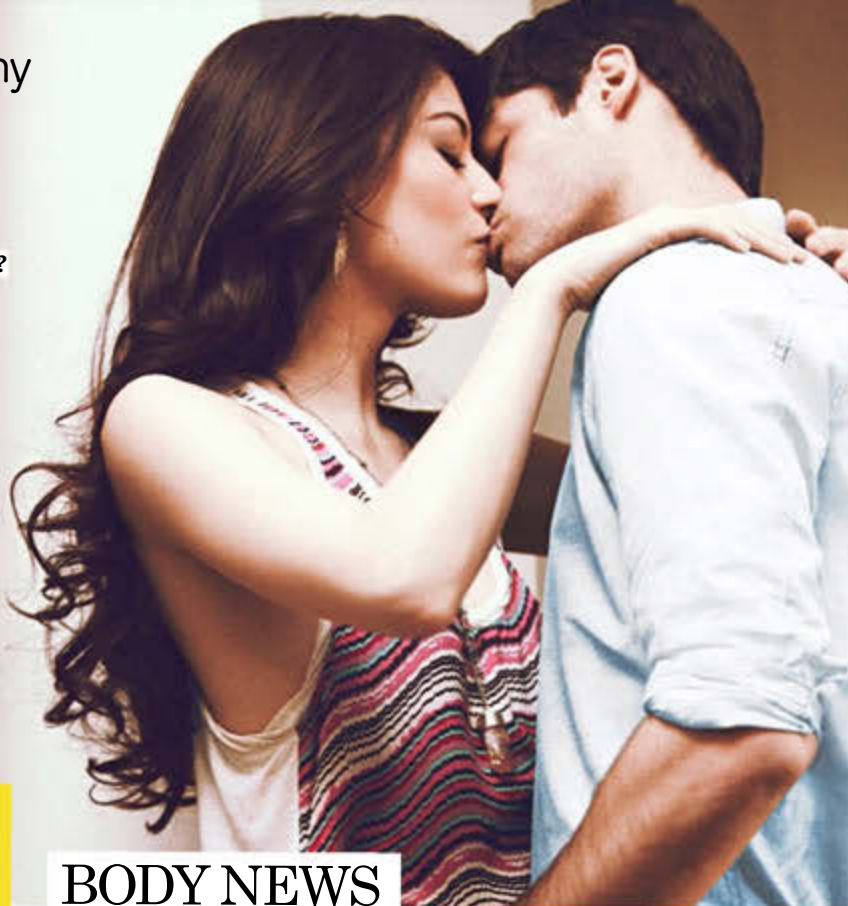
Jump-start your way back to healthy habits



## MAKE A FRESH START

Doing unhealthy stuff on autopilot?  
Break your worst habits by swapping in  
these good-for-you rituals instead.

**Smooch,  
schmooch?**



**Q** Is it okay to use a super tampon on a light-flow day?

**A** Theoretically, more cotton fibers could be pulled off as a non-saturated tampon is removed, triggering irritation and discharge. But there's no data on how common this is, and I don't hear patients complain. Still, I recommend switching to a less absorbent tampon as flow decreases and changing it as often as the directions suggest.

SOURCE: JENNIFER ASHTON, M.D., AN OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS



## BRAIN DRAIN

Your nicotine habit is damaging more than your lungs (and other people's!)—it's slowly ruining your brain function, too. A recent study by the McGill University in the US found that long-term smoking causes the cortex (the part of the brain where memory, language, and perception functions happen) to thin, which threatens our ability to perform those skills. How to restore its natural thickness? Quit—once you cut the habit, the cortex's thickness will grow again.

## BODY NEWS

# THE GERMAPHOBES' GUIDE TO KISSING

Ten seconds of smooching transfers 80 million bacteria, says a new study. Not exactly sexy! Here's how to swap spit without the ick.

**NOT ALL GERMS ARE BAD GERMS.** A kiss shares healthy bacteria, essential for digestion and immunity. Over time, your strains mix with your partner's until your saliva become similar. Gross/romantic.

**STILL, IF HE'S SICK, DON'T LOCK LIPS.** It can transfer a virus, from a cold to mono. Hooking up without mouth-to-mouth is safer, but touching a body part he licked or kissed could still expose you.

**AND SORRY, DRINKING DOESN'T KILL GERMS.** Rubbing alcohol might clean your cuts, but even if you threw back 80-proof liquor, you wouldn't knock out the concentrations of bacteria in your body.

SOURCES: MICROBIOME JOURNAL; PHILIP TIerno, PH.D., CLINICAL PROFESSOR OF PATHOLOGY AND MICROBIOLOGY AT NYU LANGONE MEDICAL CENTER

## The Hills are Alive...

with the sounds of good health. Studies show that exposing yourself to nature, art, music, and spiritual activities and the positive emotions and feeling of awe associated with them signals our brain to produce the anti-inflammatory chemical cytokines, which helps control our moods, appetite, sleep, and memory, and boosts our body's resistance to illness. So, yes, go on that weekend trek up the mountains, that silent treat, or that mini Eat, Pray, Love trip you've been contemplating—your body needs it!



(TEXT) TRISHA BAUTISTA, GABRIELLE HURWITZ (LEAD PHOTO) CHRIS CLINTON, (TAMPOON) JACK MISKELL, (LAKE) NICK ONKEN

## FOOD BUZZ

# FRUIT SALAD PHARMACY

We're lucky to live in the tropics where juicy treats bursting with nourishing vitamins and healing phytonutrients abound, so take advantage! Hippocrates was right: "Let food be thy medicine and medicine be thy food." Don't mind if we OD!



### LOSE WEIGHT WHILE YOU SLEEP

When people get an extra 90 minutes of sleep beyond their usual six hours, they are 62 percent less likely to crave junk food and are 14 percent less hungry overall, according to a new study in the journal *Appetite*. The experts say that when we're tired, we try to energize ourselves with food and sweets.

**WATERMELON**  
Rich in citrulline, which lessens production of fat cells.

**PAPAYA**  
Boosts digestion and eases menstrual pain.

**AVOCADO**  
For glowing skin and regular bowel movement.

**POMELO**  
Improves immunity and helps prevent UTIs.

**KIWI**  
High in fiber but low in sugar. Boosts digestion.

**BANANAS**  
Keep you alert, your heart healthy, and your bones strong.

**MANGO**  
Helps maintain healthy eyesight and a strong immune system.

## Know Your Portions

Studies show that portion control is one of the important keys for successful weight loss. Problem is, most of us don't know how to measure our portions, or how much one serving actually is. Here's a quick guide for eyeballing what one serving looks like, because nobody wants be bringing a food scale around.



**GRAIN PRODUCTS:**  
½ cup of cooked rice, pasta or potato = ½ tennis ball  
1 cup of cereal flakes = your fist  
1 pancake = 1 CD  
1 slice of bread = an iPhone 4



**VEGETABLES AND FRUIT:**  
1 cup of greens = 1 tennis ball  
1 baked potato = your fist  
1 medium fruit = 1 tennis ball  
½ cup of fresh fruit = ½ tennis ball  
¼ cup of raisins = 1 large egg



**DAIRY AND CHEESE:**  
1 ½ oz. cheese = 2 cheese slices  
½ cup of ice cream = ½ tennis ball  
1 tsp. margarine or butter = 1 dice



**MEAT:**  
3 oz. meat, fish or poultry = 1 deck of cards  
3 oz. grilled/baked fish = 1 checkbook  
2 Tbsp. peanut butter = 1 ping pong ball

SOURCE: APPFORHEALTH.COM

## FITNESS BUZZ

# PICK THE RIGHT SPORTS BRA

When you exercise, your boobs move two to three inches in each direction with every movement—bad news for fighting sag! Counter the effects of gravity by getting a good sports bra—this can cut the amount of inches your perky pair travels as you sweat. Here's what you should consider when choosing one:

### WORKOUT INTENSITY

**High impact workouts** involve a lot more bouncing in the breast area. Think running, plyometrics, aerobics, and Muay Thai.

**Medium impact routines** entail moving for long periods of time with less jostling. These include lower-intensity cardio activities like power walking or using the elliptical machine.

**Low impact exercises** usually have little to no bouncing, because the core stays stationary. Think yoga, Pilates, and weight training.

### BRA STYLE

**Compression bras** are those you pull on over your head. Brands like Adidas, Nike, and Under Armour carry them and they're best suited for women with A and B cup sizes. Sizing is usually general (XS to XL).

**Encapsulation bras** are sized and shaped like regular bras, and each breast has an individual cup. This style is best for women with a C cup or larger, because it has more panels for support.

### STRAP STYLE

**Racerback straps** give more support because they cinch the weight of the breasts to the upper back's center.

**Wide- straps** are more likely to be adjustable and distribute weight throughout the upper body.



Medium intensity bra, Nike, ₱2,095.

High intensity encapsulation bra, Nike, ₱2,095



Seamless light support bra, Under Armour, ₱1,995



Medium intensity bra, Adidas, ₱1,895



### RUN FOR BREAKFAST

Round up the gals and go for a long walk together over the latest *chismis* before weekend brunches. A recent study

showed walking in groups regularly increases fitness levels and boosts mental health, because having a support group helps you stick to a routine while lessening chances of stress and depression. Looking for a place to do both? Try Capitol Commons in Ortigas, UP Diliman (go to nearby Maginhawa for brunch), or Bonifacio Global City (head to Track on 30th for a green running path).

SOURCE: BRITISH JOURNAL OF SPORTS MEDICINE

### Work Your Problem Areas First

Want to get rid of those stubborn bingo wings? Work your arms first. A study done by the Rio de Janeiro Federal University in Brazil found that starting your sweat sesh with exercises that target your problem areas means faster results for that body part, because as your workout progresses, your body fatigues and has a harder time staying in form. So start with those tricep dips and shoulder presses and you'll have super toned arms in no time.

*Start workouts with arm exercises for toned guns*



# WORKOUT STRENGTHEN YOUR BOND— AND YOUR ABS!

Partner workouts are a total win: They make you stronger, they're fun, and they're hard to blow off. Grab a friend and try this routine designed by U.S. personal trainers (and real-life buds) Astrid McGuire and Jennifer "JJ" Johnson.



## GOT YOUR BACK

**1** You and your friend stand back-to-back (legs and heels touching), feet shoulder-width apart, and arms hooked at elbows.  
**2** You both inch your feet forward a few steps and bend knees to squat. Hold squat position for 30 seconds.

**GET COMFY** Experiment with the best foot position for each of you so that you both squat safely with knees over heels.



## I HEART YOU

You and your friend both lie faceup on the ground, heads about a foot apart, so that together you make a straight line, arms at sides and legs straight in front of you. You both lift legs off ground, then pop hips up to touch toes over your heads. Slowly lower your legs. That's one rep; do 15.

**SNAIL IT** Focus on lowering your legs very slowly to make core muscles work harder.



## DANCE PARTY

Lie faceup on the ground, with arms under lower back. Curl head and shoulders up, and lift legs a couple of feet off the ground. Hold this position while your friend jumps back and forth over your legs. Keep it up for 30 seconds, then switch positions.

**MAKE IT HARDER** Lift legs a few more inches to give your abs a bigger challenge...and to make your friend jump higher.

## UP FOR IT

**1** Stand a few feet apart, facing each other. You and your friend both lean forward from hips and grasp each other's elbows. Step right foot back and point toe, while your friend does the same with her left foot.  
**2** You both lift your foot to hip height. Pulse 15 times; then switch feet.



**PAIN IN THE BUTT?** This move zings your booty like whoa. If you need to, take a break before switching legs to shake it out.



**Milk is the drink** your parents pushed on you, and for good reason: It's a fantastic source of protein. It's full of calcium and vitamin D, which help keep your bones and teeth strong. Plus, it has choline—a protein important for the brain—and potassium, which helps protect the heart. What's not to love?

Well, a few things. In recent years, some nutrition scientists have voiced concerns that milk may not deserve its sterling reputation, because people who drink milk aren't always healthier than people who don't. "The evidence and data for all of milk's benefits just are not there," says Walter Willett, Ph.D., chair of the department of nutrition at Harvard School of Public Health. Worse, some new research—all of it preliminary, none of it definitive—suggests that drinking too much milk could pose health risks.

Cow's milk is full of hormones that help calves grow—one study estimates that 60 to 80 percent of the female hormones we get from our food comes from cow's milk. That includes the hormone IGF-1, which induces cells to multiply—potentially a bad thing considering that excessive cell multiplication is a hallmark of cancer, says Michael Pollak, M.D., director of the division of cancer prevention at McGill University.

Women who drink more than two glasses of milk a day are twice as likely to be diagnosed with ovarian cancer than women who rarely drink it, according to a Swedish study. And research recently published in the *British Medical Journal* found that women who drink three or more

## HEALTH REPORT **SHOULD YOU BE DRINKING MILK?**

The official drink of your childhood is suddenly controversial. How to know if you need to cut back.



glasses of milk per day are nearly twice as likely than non-milk drinkers to die over the course of 20 years from any cause.

But don't hyperventilate just yet, milk fanatics. Dr. Pollak notes the IGF-1 increase you get from milk "is a small effect" and may not make a huge difference to your overall cancer risk. There are studies that tie milk to a lower risk of cancer too—for instance, one found that older women who drink a lot of milk have a reduced risk for breast cancer. And because milk drinkers may do other things that put them at an increased risk for cancer, it's impossible to say milk causes the issues that have been linked to its consumption.

The problem is that no one knows exactly how many of the hormones from milk actually get into your body, because digestion breaks some of them down. And it's unclear whether concerns raised about milk apply to other dairy products too. Until we know more about the potential health risks, Willett recommends drinking no more than one to two glasses of milk a day (don't forget to count your latte) and sticking to skim, as it contains fewer hormones than whole. Kids can have a bit more because they have different nutritional requirements. Don't feel like you have to pay up for organic, which doesn't have lower levels of sex hormones than the conventional kind. Instead, check the label for milk produced without growth hormones, whose use in farming may contribute to the crisis of antibiotic resistance, or swap in some of the non-cow's-milk options below. "Milk is very nutritious, yes," says Dr. Pollak, "but that doesn't mean the more we drink, the better. You can have too much of a good thing."

### **Alterna-Milks**

#### **ALMOND MILK**

(30 calories, 2.5 g fat\*)  
It's low in fat and calories and high in calcium, vitamin E, and sugar.  
**TRY IT** Rich and creamy, use it in smoothies and coffee.  
\*All counts are per cup.

#### **COCONUT MILK**

(45 calories, 4.5 g fat)  
If you're a cream lover, you'll dig the thick texture. Its natural sweetness adds lots of flavor, too.  
**TRY IT** Use this sweet milk for sauces and batters.

#### **SOY MILK**

(100 calories, 3.5 g fat)  
Soy is thought to help halt heart disease, but some studies say too much may adversely affect fertility.  
**TRY IT** Thicken soup by stirring in the plain kind.

#### **RICE MILK**

(120 calories, 2.5 g fat)  
Got allergies? This has no lactose, nuts, or soy.  
**TRY IT** Like a light, super-thin version of cow's milk, use in oatmeal or cereal.

# Abs-olutely Delicious

*For us, there's no other tuna.*



# LIVE IT UP!

## YOU DESERVE A POOL DAY

Dry off,  
lie out,  
repeat.

Dear Weather, we need a cool off. It's not you...just kidding, it's totally you. For days when you need a cool down (so, yes, every day), head to one of these three accessible pools right in the metro.



# 1

**Manila Hotel**  
MANILA-HOTEL.COM.PH

**WALK-IN RATE:** ₱800, inclusive of gym, sauna, steam room, jacuzzi, and locker room use.

*Take a dip in the historical hotel's sun deck-situated pool, relax on a chaise longue with your favorite cocktail, and watch the sun set over the stunning Manila Bay. The whole experience screams "Must. Instagram."*

**WALK-IN RATE:** ₱500, inclusive of gym, sauna, steam room, jacuzzi, and locker room use.

*Want to trade your sweaty commute garb for a bikini? This hotel chain's CBD locations make it too easy for you to end up in a rooftop pool after your 9-to-5. If you get post-swim cravings, their buffets are crazy affordable, too. #justsaying*

# 2

**Richmonde Hotel**  
RICHMONDEHOTELS.COM.PH



# 3

**Ace Water Spa**  
ACEWATERSPA.COM.PH

**WALK-IN RATE:** ₱550, all access pass.

*Bring the squad in for a relaxing catch-up sesh in one of Ace's many steam, sauna, and herbal pools. It's the answer to beating the heat, soothing tired muscles, feeling refreshed all over, and finding out what really happened to X and X after they broke up.*

(WORDS) TRISHA BAUTISTA AND LARISA JORDAN (PHOTOS) MAIN FRANCHISE REPORTER (POOLS) COURTESY OF RESPECTIVE ESTABLISHMENTS.

# If there's one thing you should...



## READ

### FAST FOOD FICTION DELIVERY

Power Books

Get your dose of *hugot* from this collection of super-short flash fiction by the country's best authors. Stick it in your carry-on before you leave for your vacay and read up during a travel lull—you'll never have a dull moment in transit.



## EXPERIENCE

### WANDERLAND MUSIC & ARTS FESTIVAL

April 25, at the Globe Circuit Events Ground

Head to the biggest music fest in Manila for an all-day music and visual arts experience. Partying with local and international acts like Kid Cudi, Augustana, Hale, and Kate Torralba while filling up on food truck delights? The dream, pretty much.



## TRY

### PAMPANGA FOOD AND HERITAGE TOUR

April 18 ([cultureshockph.com](http://cultureshockph.com))

Who goes on a road trip to satisfy a craving? Uh, you. Because Pampanga's famous cuisine and historical sites are totally worth the travel! Get your culture on with a visit to baroque churches and intricate heritage houses, and then chow on Pinoy classics like *sisig*, *adobong puti*, *dinuguan*, and stuffed *bangus* after. Your mouth and belly will be sending you Thank You notes.

## HOT HANGOUT

### PANGAEA, CITY OF DREAMS

[pangaeamanila.com](http://pangaeamanila.com)

Whip out your classiest #OOTN and head to Manila's glamorous new spot, Pangaea Manila at the City of Dreams. Meet people from all over the world on the dance floor or chill at the snazzy Study Lounge with live music. It'll be a night so glam, not even KimYe can complain.



## LISTEN TO

### SMOKE + MIRRORS

by Imagine Dragons

This American rock band keeps their second album fresh by adding flavors of Latin and soul influence to their familiar blend of modern rock, pop, and R&B.

## VISIT

### FARMACY ICE CREAM AND SODA FOUNTAIN

26th st. and 4th ave., BGC, Taguig

Time to cool your head and get a dose of delicious. Go back to the days of sweet dates at old-school diners and enjoy classic favorites like floats, snow cones, homemade ice cream, and milkshakes. Plus: freshly baked pastries and and ice cream sandwiches! #love



Glam up like an A-lister

Camp out in the  
chilly summit  
of Mt. Pulag

## TRAVEL

*The Cosmo Guide To*

# TAKING A HIKE

Need a break from the city? Try swapping the urban jungle for the cool mountain breeze. The high altitudes bring the kind of quiet (and clean, fresh air!) you can only find in nature's spectacular vistas.

Don't let the thought of a long and arduous hike intimidate you. Hiking is actually pretty beginner-friendly—as long as you can walk, you can climb mountains. Start out with day trips, but if you're more adventurous, book a tour and go on a weekend trip. You won't regret stepping out of your comfort zone and disconnecting from life's stresses.

### MT. PULAG, BENGUET

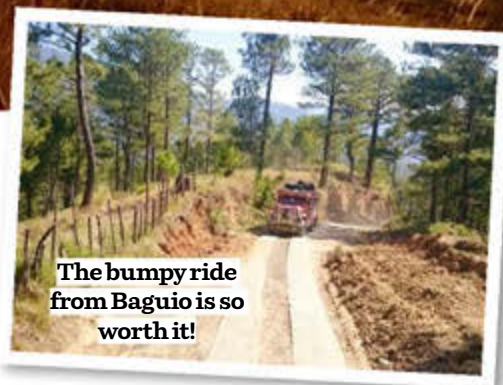
**THE CLIMB:** The breathtaking view above the clouds and the glorious sunrise are worth the overnight hike. At 2,922 meters above sea level, Mt. Pulag is the tallest mountain in Luzon, and is home to an amazing flora and fauna. The cool northern weather is also perfect for long treks.

**DURATION:** Two days

**HOW TO GET THERE:** Take a bus to Baguio, then take a four-hour jeep ride to Kabayan. You can also look for a jeepney to take you straight to the **Badabak Ranger Station**.

**WHERE TO STAY:** Rent tents and supplies from the ranger station, or better yet, join a tour group. Experienced guides will give you a list of packing essentials and help you set up camp.

**FOR SUSTENANCE:** Stop over at **Pinkan-Jo Eatery** where most hikers go for breakfast and lunch, and head to the DENR station for souvenirs and certificates.



The bumpy ride  
from Baguio is so  
worth it!

### ROUGH IT WITH A GROUP

Although part of roughing it is figuring out how to get to your destination, it's best to join a tour group if you're not a seasoned climber. Groups like **Trail Adventours** ([trailadventours.com](http://trailadventours.com)) offer different packages and tour groups that are pre-organized for you. Arrange a special trip with your *barkada*, or join open tours and meet new people while having the ultimate weekend adventure.



Walk in a sea of  
greens in the  
foothills of Mt. Pulag

(TEXT) TRISHA BALISTITA (PULAG) COURTESY OF LOVETTE BARTOLOME, (BATULAO) TRAIL ADVENTURES, (SAGADA) IAN GUEVARRA.

## MT. BATULAO, NASUGBU, BATANGAS

**THE CLIMB:** Walk on the breezy ridges of the mountain and enjoy bird's eye views of Batangas and Cavite around you. If you're more daring, climb up the rocky **Monolith**. You'll feel like you're on top of the world!

**DURATION:** Six hours

**HOW TO GET THERE:** Take a two-hour bus ride to Ternate, Cavite. The Saulug bus will cost you less than ₱200. From Ternate, rent a jeepney to the Magnetic Hill and get off at DENR. If you're taking a car, take the CAVITEX and travel through the Kawit – Gen. Trias – Tanza – Naic – Maragondon – Ternate route.

**WHERE TO STAY:** Book a room in nearby Tagaytay or head back home after your hike.

**FOR SUSTENANCE:** Choose from numerous refreshment stops along the trail. Have your fill of fresh *buko* juice, *halo-halo*, and ice-cold soda at the summit, or bring along a fuss-free lunch and snacks.

Conquer your fears  
atop the Monolith  
at Mt. Batulao



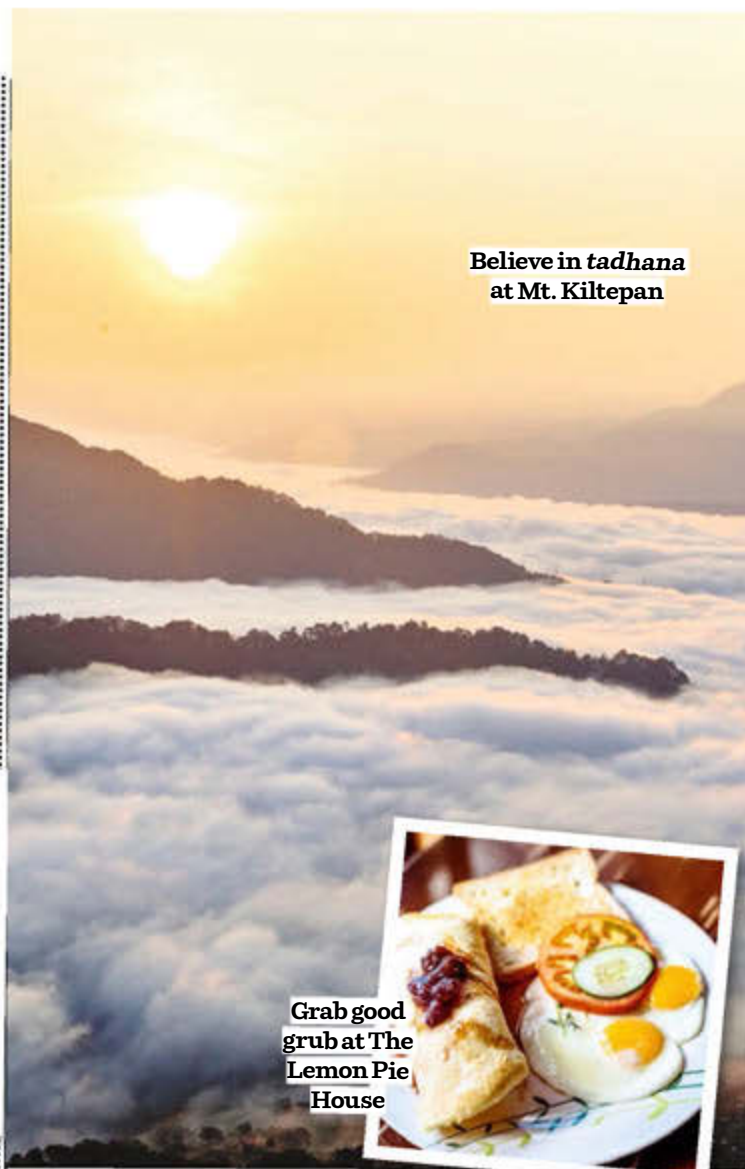
### PACK FOR THE TRAIL

When going on a hiking trip, bring only the barest essentials. You'll be carrying your baggage (literally!) the whole time.

ON YOUR SHOULDERS	DRESS CODE	PACK LIKE A FOREST RANGER	LEAVE NO TRACE
Use a sturdy backpack—a regular one will do for day trips but get (or borrow) a camper's pack for overnight trips.	Lightweight tops and windbreakers, walking shorts or jogging pants, trekking shoes (try Merrell), cap, shades.	Leave some room for a headlamp, trail food, Swiss knife, a whistle, jacket, and a medical kit.	Follow the mountaineer's motto: "Take nothing but pictures, leave nothing but footprints, kill nothing but time."

(PHOTOS) (SAGADA) IAN GUEVARRA. (BATULAO) COURTESY OF TRAIL ADVENTURES. (BATULAO MAIN) JOUNICDAO/Flickr COMMONS

Believe in *tadhana*  
at Mt. Kiltapan



Grab good  
grub at The  
Lemon Pie  
House

## SAGADA, MOUNTAIN PROVINCE

**THE CLIMB:** Choose from many different types of half-day hiking and caving activities. To make the most of your experience, spend three days in this beautiful and culturally rich province so you can enjoy trekking on rice terraces, visiting waterfalls, spelunking in awe-inspiring caves, and watching the sun rise at **Kiltapan Peak**.

**DURATION:** Three to five hours per hike

**HOW TO GET THERE:** Go to any Victory Liner terminal (the major ones are in Pasay and Cubao) and catch one of the buses that leave for Baguio almost every hour. Once you get to Baguio, you'll find several buses that go on to Sagada.

**WHERE TO STAY:** Sagada offers many inns for reasonable prices. Try **Saint Joseph's Resthouse** ([saintjosephresthousesagada.blogspot.com](http://saintjosephresthousesagada.blogspot.com)), and **Shamrock Tavern Inn** ([facebook.com/ShamrockTavernSagada](http://facebook.com/ShamrockTavernSagada)).

**FOR SUSTENANCE:** Many restaurants in the village have huge servings for low prices. Make sure to drop by **The Yoghurt House** for fresh yogurt and parfaits, **Lemon Pie House** for filling meals, and **Sagada Pine Café** for a chill drink or two in the mountains.

# AT YOUR PLACE DECORATING TIPS FROM A COSMO GIRL

Pam Robes

A New York-trained makeup artist converts her girlhood room into a home studio.



## Start with the basics.

Pam's bedroom used to be French-chic red (we featured it in our November 2012 issue!), but this time, she wanted a clean slate. "I probably picked up the all-white room with greens idea from Craigslist and Airbnb when I was doing a lot of apartment hunting back in New York. The idea resonated with me because I like things clean, simple, strong, honest—nothing too serious and complicated. Also, I have a creative job, so I like that the walls resemble a blank canvas because it helps me clear my mind and focus creativity more on my work." Pam had all the walls repainted white, and removed most of the furnishings, except for a couple of tables and a low bench.



*White walls and large windows make your space feel more airy and bright.*

## Take cues from your own lifestyle.

When Pam returned from school and a stint in the Big Apple, she needed a place where she could office and use as a makeup studio. "I was already used to living with much less—in cramped spaces and reworking things instead of purchasing. So I simply used hand-me-downs and stuff I already had."



*Faux plant wreaths adorn windows in lieu of curtains.*



(TEXT AND STYLING) CAMYI BESINGA. (PHOTOS AND STILLS) JUN PINZON. (HAIR AND MAKEUP) PAM ROBES. THROW PILLOW CASES, THROW BLANKET, B&W PRINT RUG, PERFUME ATOMIZER, ALL FROM H&M HOME.

## Get the Look...

**Highlight an architectural feature.**

Pam's bathroom door is actually one of the closet doors that line one side of her studio, a feature that isn't left unnoticed by her clients. To direct them to "the loo," she tied a handwritten wooden tag on the door handle. "I also love looking at the wire art above my bathroom mirror that says 'To pee or not to pee.' I came up with the idea and one of my best friends made it for me. It's so silly it makes me silently giggle every time I see it."

**When using a home space for work, think also of your own branding palette.**

"I added hints of gray because I thought I should integrate my branding's color palette (black, white, and gray) into the studio's interiors," Pam says. This neutral palette spills over into her bedroom, too.



Utilitarian ladders make great planters.

**Plants make a corner look alive.**

"I recently got obsessed with succulents and greens. Plants make my space look alive in an instant—they're calming, conveniently cheap, they go with everything, and are fairly easy to maintain."



1 Soap dispenser, P499;

2 decorative bird candleholder, P1,190; 3 blanket, P2,290; 4 vase with gold lip, P699; 5 throw pillow case, P499, all from H&amp;M Home.



3



4



5



## WHIP IT UP VACATION ON A PLATE

An easy meal that evokes a dreamy, tropical destination. Cosmo sends you and your guy to paradise with this one.

A luxurious vacation may not be in the cards right now, but this meal will make you feel as if you're on holiday. Invite your guy over for a romantic escape from your usual dinner date. Decorate the table with tropical

colors, put on a flowy dress, and if you feel like getting really festive, tuck a flower in your hair. Between the sweet and spicy flavors, rum punch, and summer heat, things are bound to get steamy.

### Macadamia or Cashew Nut-Crusted Tilapia With Pineapple Salsa

#### FOR FISH:

½ cup all-purpose flour  
1 egg, lightly beaten  
1 cup crushed macadamia (or cashew) nuts  
2 tilapia fillets (about 3 to 4 ounces each)

#### FOR SALSA:

1 cup finely chopped fresh pineapple  
1 tablespoon minced red onion  
½ jalapeño, seeds removed, minced  
¼ cup minced cilantro  
Salt and pepper

Preheat oven to 400 degrees. Put flour, egg, and nuts in three separate shallow dishes. Dredge each fillet first in flour, then egg, then nuts. Place on oiled baking sheet. Bake 12 to 14 minutes, until golden brown. While fish is baking, make the salsa. Combine pineapple, onion, jalapeño, and cilantro. Season with salt and pepper. Serve with fish. The fish is done when it is opaque and flakes easily with a fork.

### Speedy Sesame Snow Peas

1 cup snow peas  
1 teaspoon unsalted butter  
½ teaspoon sesame seeds  
Salt and pepper

Rinse snow peas but don't dry. Place in a microwaveable bowl, and microwave on high for 45 seconds. Stir in butter, sesame seeds, and salt and pepper.

### Cilantro-Lime Rice

Add 1 tablespoon lime juice to the water when preparing ½ cup long-grain white rice (use package directions), then when done, stir in 2 tablespoons chopped cilantro.

### Rum Punch

2 ½ ounces light rum  
4 oz orange juice  
4 oz pineapple juice  
Juice of 1 lime

Pour rum and juices into a cocktail shaker filled with ice. Shake vigorously for 10 to 15 seconds. Strain into two glasses filled with ice. Garnish with cherries, a pineapple wedge, orange slices, and even paper umbrellas.



# Shopping Directory



## BEAUTY

**Altcheck MD** shop.beautybar.com.ph  
**ArtDeco** shop.beautybar.com.ph  
**Beach Hut** At drugstores  
**Beauty Bar** shop.beautybar.com.ph  
**Bed Head by Tigi** At premium salons  
**Belo** At supermarkets  
**Benefit** facebook.com/benefitcosmeticsphilippines  
**Bioderma** watsons.com.ph  
**Burt's Bees** shop.beautybar.com.ph  
**Clarins** rustans-thebeautysource.com  
**CoverGirl** At major department stores  
**Davines** At premium salons  
**Deserving Thyme** shop.beautybar.com.ph  
**Dove** At drugstores  
**Durance** shop.beautybar.com.ph  
**Earth Therapeutics** shop.beautybar.com.ph  
**Estée Lauder** rustans-thebeautysource.com  
**Etude House** etudehouse.ph  
**eva nyc** shop.beautybar.com.ph  
**Formula 10.0.6** shop.beautybar.com.ph  
**Heathcote & Ivory** rustans-thebeautysource.com  
**Goody** At major department stores and supermarkets  
**Happy Skin** shop.beautybar.com.ph  
**Human Nature** shop.beautybar.com.ph  
**Inglot** inglotphilippines.com  
**Juice Beauty** shop.beautybar.com.ph  
**Laino** shop.beautybar.com.ph  
**Laneige** facebook.com/laneigephilippines  
**L'Occitane** rustans-thebeautysource.com  
**L'Oréal** At major department stores  
**Lush** facebook.com/lushphilippines  
**MAC** maccosmetics.com.ph  
**Make Up Factory** makeupfactory.com.ph  
**Make Up For Ever** makeupforever.com.ph  
**Max Factor** maxfactor.ph  
**Maybelline** At department and drugstores  
**Moringa-02** At drugstores  
**Mythos** shop.beautybar.com.ph  
**NARS** rustans-thebeautysource.com  
**Naturally Fresh** shop.beautybar.com.ph  
**Neutrogena** At supermarkets

**Nivea** At major department and drugstores  
**NYX** At SM department stores  
**Ocean Potion** At major department and drugstores  
**Oliva** shop.beautybar.com.ph  
**Palladio** shop.beautybar.com.ph  
**Pantene** At supermarkets  
**Pharex** At drugstores  
**PH Care** At supermarkets  
**Philosophy** facebook.com/philosophyph  
**Pixi** glamourbox.ph  
**Pond's** At supermarkets  
**Ralph Lauren** rustans-thebeautysource.com  
**Revlon** At major department stores and supermarkets  
**Santa Maria** amazingFoodsCorp.com  
**Sally Hansen** At major drugstores  
**Scunci** shop.beautybar.com.ph  
**Shu Uemura** facebook.com/shuuemura.philippines  
**Smashbox** shop.beautybar.com.ph  
**Shiseido** facebook.com/ShiseidoPH  
**Supergoop** shop.beautybar.com.ph  
**The Body Shop** thebodyshop.com.ph  
**Toni&Guy** watsons.com.ph  
**Travalo** travalo.com  
**Trislide** facebook.com/TrislidePH  
**VMV** vmvhypoallergenic.ph

## FASHION

**American Tourister** americantourister.com  
**Aranaz** aranaz.ph  
**Bench** bench.com.ph  
**Call It Spring** callitspring.com  
**Charles & Keith** charleskeith.com  
**Charriol** charriol.com  
**Fab** facebook.com/fabclothing.ph  
**Fino Leatherware** finoleatherware.com  
**Flossy** facebook.com/flossyfootwearPH  
**Fly Shades** facebook.com/lovelyflyshades  
**Forever 21** forever21.com  
**Freeway** freewayonline.com.ph  
**Jhajing Manila** fb.me/jhajingfashion  
**Joy & Mario** joymario.com  
**Kashieca** kashieca.com  
**Keds** facebook.com/kedsphilippines

**L'Indochine** facebook.com/ShopLindochine  
**Lacoste** lacoste.com  
**Mango** mango.com  
**Melissa** melissaphilippines.com  
**Neon Island** neonislandclothing.com  
**Nomadic Way** facebook.com/nomadicway  
**Nudo** nudoswimwear.com.ph  
**Oxygen** oxygenfashion.com  
**Parfois** parfois.com  
**Primadonna** primadonna.com.ph  
**Ray-ban** ray-ban.com  
**River Island** riverisland.com  
**Roxy** roxy.com.ph  
**SM Department Store** smdeptstore.com  
**Suiteblanco** blanco.com  
**Superdry** superdry.com  
**The Bridal Room** facebook.com/thebridalroomph  
**Topshop** topshop.com  
**Tumi** tumi.com  
**Zalora (Apartment 8, JC Watches, River Island, Seventh Street, Something Borrowed, Anemone, Material Girl, Rubi, Cole Vintage, Spring Fling, Suki, Twinky, Figliarina, Mendrez, Jelly Nelly, Grendha, Factorie, Chictees, Chelsea Clothing, F.101, Mint, Eve's Chic, Fashion Spice Manila)** zalora.com.ph  
**Zara** zara.com

## LIFESTYLE

**Crate and Barrel** facebook.com/CrateandBarrelPhilippines  
**Flight 001** flight001.com  
**Gourdo's** gourdos.com  
**Jansport** facebook.com/jansportphils  
**Lazada (Closet Candy)** lazada.com.ph  
**Mango** mango.com  
**National Book Store** hnationalbookstore.com.ph  
**Pismo** facebook.com/PismoDigitalLifestyle  
**Planet Sports** planetsports.com.ph  
**Seek The Uniq** seektheuniq.com  
**Topshop** topshop.com  
**Typo** facebook.com/cottononph  
**Zalora (Kimberly, Wacoal)** zalora.com.ph

## Belo Nutra Collagen Powder Drink - Marian's Secret to Younger Looking Skin

Having a sexy body is essential to superstar Marian Rivera, but maintaining fantastic skin is an entirely different story. "Having beautiful skin is very important to me, lalo na ngayon na nahilig ako sa pagpost sa social media and Instagram. And of course, I want Dong to fall in love with me everyday", Marian tells us.

Marian revealed that Belo Nutraceuticals Collagen Powder Drink is what keeps her looking young! She takes it twice a day - one in the morning usually mixed with coffee, and the other one at night with her dinner soup or juice.

"Dr. Belo keeps telling me to drink collagen for my skin to stay healthy", Marian adds. "I followed her advice and after only two weeks, I was so amazed because I already noticed that my skin felt smoother and more hydrated!" Her discovery of Belo Nutraceuticals Collagen Powder Drink has indeed made her feel more confident.

Because of this product, she now feels and looks younger, her skin more supple and firm.



As Dr. Vicki Belo described to Marian, youthful skin is like a brand new sofa - firm such that when you sit on it, you are pushed back up, unlike with an old sofa, where you simply sink down. Collagen in our skin are like "springs" that enhance the structure and firmness of our skin.

"Kung may multivitamins para maging healthy ako, I'm happy na may Belo Collagen Powder Drink para mas maging firm ang skin ko," Marian says. Belo Nutraceuticals Collagen Powder Drink provides remarkable anti-aging benefits in making the skin firmer, the nails stronger and the hair thicker. Furthermore, what makes it different from other collagen drinks is that it contains Hyaluronic Acid, a moisture magnet that improves skin hydration, absorbing 1,000 times its weight in water molecules.

The collagen powder has a vanilla taste. One sachet a day dissolved in your favorite hot or cold beverage, be it coffee or tea, milk or yogurt, is all you need to keep your skin hydrated and firm.

Belo Nutraceuticals Collagen Powder Drink is available in Belo Medical Group clinics, Watsons, Mercury Drugstores and other leading online stores nationwide. As Marian's new favorite, Dr. Belo is hopeful that her new collagen powder drink will reach more women searching for the final answer to youthful skin. Indeed, Marian is living proof that looking young is a daily drink away.



Learn more about the science at belonutra.com

# horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN APRIL.

BY AURORA TOWER @AuroraAstro



KATHRYN  
BERNARDO  
03.26.1996

## ARIES / 03.21–04.20

**STELLAR GIFTS** You go for what you want and don't look back!

**BLIND SPOTS** Your take-charge attitude can leave others in the dust.

**FASHION FAVES** Sporty styles suit your active life and killer instincts.

**INDULGENCE** Nothing makes you happier than outmaneuvering anyone standing in your way.

**SEDUCTION STYLE** When someone catches your eye, you don't beat around the bush—you go big and then go home, together!

**THIS MONTH** During the lunar eclipse on the 4th, your mind and heart are focused on strengthening your relationships. Things intensify even more after the 11th, when your social life goes into overdrive. While out and about, you may encounter an old flame. Be prepared for the heat. On the 20th, you could have a career breakthrough, when everything comes into sharper focus, which will be key to your success.

**YEAR AHEAD** Clear out the clutter! You bore easily, so this year, be honest about the things and people in your life you've outgrown, literally and emotionally, and move on. June is a fabulous month for love and work. Watch for an unexpected lucky break in August. By September, you're going to feel like you are on a whole new path. Trust your instincts—you know who and what are best for you—and go hard.

**YOU NEED** Cool new kicks for a boost of energy and style to run circles around everyone this year.



Sneakers,  
Saucony,  
P3,095.



## TAURUS

04.21–05.21

**YOUR MONTH:** Make things happen! Your ruler, Venus, is in your sign till the 10th, so launch new projects before then. Once Mercury arrives on the 14th, you'll be able to convince anyone of anything. Your intuition is strong this month, so pay attention if your douche-dar goes off. **YOU NEED:** New lingerie for your inner Aphrodite. **TAURUS GUY:** Bubbles, in the tub and your glass, combine for the steamy night he craves.

Bra, Wacoal at Zalora.com, P850, Underwear, Kimberly at Zalora.com, P89.



## GEMINI

05.22–06.20

**YOUR MONTH:** Hello, social butterfly! Partying pays off when your BFFs introduce you to some VIPs who will help boost your career. After the 11th, when Venus moves into your sign, you are irresistible. So enjoy the extra attention, male and otherwise. **YOU NEED:** A cool backpack to enhance your adventures. **GEMINI GUY:** Tease him by telling him your hottest friends were talking about him.

Backpack, Jansport, P2,595.

best matches

## GEMINI

Together, you guys love to explore new places and are always surrounded by interesting people. You share a strong libido and zest for life!



## AQUARIUS

You both have your own unique take on life and support each other in your goals. You break boundaries together and enjoy the unexpected.

## Aurora's Inspo

Expect surprises during the first half of the month. An eclipse on the 4th may shake up relationships. But life will calm down again after the 20th, when the Sun moves to Taurus.



### CANCER

06.21–07.22

**YOUR MONTH:** Expect some dramatic changes around the 6th that will push you to follow your dreams and ditch others' expectations. You'll get a happy surprise on the 22nd, so be patient and trust your gut—good things are coming your way! **YOU NEED:** A blazer to keep you confident and chic at work. **CANCER GUY:** He's on edge at work, so he's super into evenings home alone with you. Distract him by making it a Naked Night.

Blazer, **Topshop**, ₱3,595.



### LEO

07.23–08.22

**YOUR MONTH:** You're on fire right now! Around the 6th, a happy surprise indicates more travel is on the horizon. Get your girls on board, and plan for a summer getaway. Work will heat up after the 20th, so you'll need the break. Be bold romantically; it will pay off. **YOU NEED:** Exotic-looking earrings to match your daring mood. **LEO GUY:** He wants to expand his horizons. Take a trip and explore new things in and out of bed.

Earrings, **Seektheuniq.com**, ₱1,200.



### VIRGO

08.23–09.22

**YOUR MONTH:** Looking to spice things up? Stop apologizing and go for what you want most, at work and personally. An ex could reenter your life around the 16th. If you haven't fully gotten over him, now may be your chance to rekindle. **YOU NEED:** Boho touches like fringe to get you out of your comfort zone. **VIRGO GUY:** He's feeling frisky, so spending extra time exploring together in bed will be mind-blowing.

Bag, **Mango**, ₱3,100.



### LIBRA

09.23–10.22

**YOUR MONTH:** Your relationships are a priority right now, so schedule QT with the people who love you most. You'll finally be able to break from an unhealthy partner once and for all around the lunar eclipse on the 4th. **YOU NEED:** A sparkly new cuff to make you smile when things get crazy. **LIBRA GUY:** Yoga will help him stay centered, which he needs. Do it together. After all, better flexibility has lots of benefits....

Bracelet, **Closet Candy at Lazada.com.ph**, ₱300.

the aries guy

## ENRIQUE GIL

03.30.1992



**LOVES** A social girl who helps him shine and chase his goals.

**HATES** Timid types who aren't game to try new things.

**DREAM DATE** A sports game or amusement park where there is endless adrenaline that follows you home together.

**WIN HIM OVER** By showing him your spontaneous side and how much you enjoy the unexpected escapade.



### SCORPIO

10.23–11.21

**YOUR MONTH:** Revel in how inspired and energetic you are right now! Following your instincts around the 5th may have lucrative results. The Sun is in your house of partners on the 20th, a perfect time to meet someone who might really matter to you. **YOU NEED:** A reboot with bold pieces like this graphic lamp. **SCORPIO GUY:** Skip the gym and burn calories together at home. His amped energy will make it extra hot.

Vases, **Crate and Barrel**, ₱1,979 and ₱2,419.



### SAGITTARIUS

11.22–12.21

**YOUR MONTH:** This is an exciting and romantic month for you! Love blossoms around the 20th, when Mars moves into your zone of partnership. A big career break may present itself this month. Stay up on tech-related projects at the office. **YOU NEED:** To get ready for spring with stylish new shades. **SAGITTARIUS GUY:** It's party time! Throw a themed soirée and sneak away for some naughty fun (masks encouraged!).

Shades, **Mango**, ₱1,250.



### CAPRICORN

12.22–01.19

**YOUR MONTH:** You have been moving full speed recently, so this month, prioritize some me-time. You could get some major work news around the 6th, but take time to process it rather than making any snap decisions. **YOU NEED:** A scented lotion to keep you calm in the face of big decisions. **CAPRICORN GUY:** His mind is in a million places right now. Show him you care with a home-cooked meal and sweet lovin' for dessert.

Body Butter, **Bliss, BeautyMNL.com**, ₱1,595.



### AQUARIUS

01.20–02.18

**YOUR MONTH:** The 6th is one of your best days of the year, when an amazing opportunity presents itself. By the 17th, you should know if it's worth pursuing—be optimistic but practical. After the 20th, indulge in a little nesting. **YOU NEED:** A new iPad cover that screams "power player." **AQUARIUS GUY:** Don't take it personally if he's super social right now. Send him a naughty text, and you'll stay on his mind.

Leather iPad case, **Zalora.com.ph**, ₱3,595.



### PISCES

02.19–03.20

**YOUR MONTH:** Clear out the clutter and focus on what is most important to you this month. You'll feel so much better when you're not trying to do a million things at once! A lucky break on the 8th will help you see that you're on the right track. **YOU NEED:** A fresh fragrance that symbolizes a new, focused you. **PISCES GUY:** A positive change has him feeling revitalized. Try something new in bed to make the most of the good vibes.

Lancome Miracle EDP, **Zalora.com.ph**, ₱4,895.

# DO YOU TRUST YOUR GUT?

## 1. That little voice inside you:

☐ **a.** Says of course you can wear that white bodycon dress from Topshop to your sister's wedding!

☐ **b.** Justifies spending your rent on a lock of Harry Styles' hair on eBay. It's an investment. One day, he'll be shiny-head bald.

☐ **c.** Is a loop of your greatest fears: sharks, intimacy, cellulite, dying alone....

## 2. Your BF proposes and you promptly feel sick. Clearly this means you should:

☐ **a.** Run for it! Love shouldn't feel like the day after 18 shots in a Boracay bar when you wake up on the beach wearing a t-shirt prize and no shoes.

☐ **b.** Consult your horoscope. If he has a Gemini moon rising, blame it on the shawarma you ate for lunch.

☐ **c.** Say yes to the dress! All your friends are married—it's your turn, betch!

## 3. You're at a soul-sucking job with no room for growth. You:

☐ **a.** Quit cold turkey and sell your eggs.

☐ **b.** Start applying to be a driver for Uber. Hey, it's a living.

☐ **c.** Prepare to sacrifice your youth in the hopes of one day becoming the greatest part-time night receptionist in debt-collection agency history!

## 4. You buy a facial on Groupon, but when you get to the "salon," it's just a folding bed in a seedy area:

☐ **a.** Demand a refund and take incriminating photos to share all over social media.

☐ **b.** Blurt an excuse. "I forgot to feed my diabetic dog, Ate! He'll have a seizure if he doesn't get his night worms. BRB!"

☐ **c.** Pop a tranq, lie back, and just remember you can write all about it in your memoir, *Eat, Save, Groupon: A Cheap Woman's Journey*.

## 5. Your dream is to be a visual artist, but your parents want you to do something practical. You decide to:

☐ **a.** Follow your bliss to Dumaguete, live in *kuboy* by the beach, and wear hella lot of turquoise.



Gut instinct or wishful thinking?

## THE BREAKDOWN

### Mostly A's Angelina Jolie

Like Angie J during the '90s, you are a wild woman who follows every hunch, no matter the consequences. While listening to your gut is good, there are other things to listen to, such as reason, logic, Newton's law of gravity, Beyoncé...hell, even your mom, once in a while. Keep doing you, but maybe look a couple of seconds longer before you leap.

### Mostly B's Gwen Stefani

You stay true to yourself. Sure, you've made mistakes, mostly involving bindis and sports bras as formal wear, but you're only human! You have the right combo of following your dreams but also not having stupid dreams. Bravo!

### Mostly C's Lindsay Lohan

You just got a text from your gut: "Stop ignoring me!" The way you live is like an avant-garde art experiment: Let's do the opposite of what feels right all the time. What would your life be like if you stopped listening to what everyone else thinks? Spoiler alert: awesome.

# Sweet Summer Lovin'

White Choco  
Frappe



White Choco  
Espresso Frappe



Calling all vanilla and white chocolate lovers!  
Get your tastebuds ready for our White Chocolate Frappe,  
a blended J.COFFEE creation fused with vanilla,  
white chocolate sauce, and hefty white chocolate chunks. Like it with an extra kick?  
Have our White Chocolate Espresso Frappe for a sheer and velvety deliciousness sip after sip.



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Sharing The J.CO Way

real watches **for** real people



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Chronograph GMT  
Automatic mechanical movement  
Chronograph with second time zone  
Matt-satin stainless steel case  
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[VOL. 4 NO. 4 • APRIL 2015]

# move

MAGAZINE

BUY APPS FROM  
GOOGLE PLAY  
STORE USING  
YOUR SMART  
POSTPAID  
ACCOUNT!  
TURN TO  
PAGE 13

NEW! GET FLEXIBUNDLES  
WITH FREE FACEBOOK

ENJOY ANDROID WITH  
SMART'S POWERFUL NETWORK



SHARE VIDEO MESSAGES  
USING SKYPE QIK

# KATY PERRY

THROUGH HER PRISM

ALL MONTH SURF OR BIG BYTES:  
INTERNET FOR ALL TYPES



Protect Your Devices  
This Summer With  
Smart Gadget Shield

SMART  
LIVE MORE

# The Best Summer Travel Buddy

The hottest thing about doing summer activities out of town in this day and age is that it's now possible for us to take advantage of the internet, from planning our trips all the way to sharing photos and videos in real time with those who matter to us.

Needless to say, even before the dawn of the internet, summer has always been fun and exciting (and perhaps, for many of us, the best time of the year). But now, thanks to mobile connectivity and various applications for driving, choosing a place to stay when traveling, or even just listening to music while on the road, I'd like to think that summer has become more fun than ever for everyone.

I've already started planning my *barkada's* summer trip to both Anawangin and Baguio and I know that apps like Waze, AirBnB, and Spinnr as well as YouTube will definitely come in handy as soon as we hit the road. Waze will help us reach our destinations faster by suggesting routes with light traffic. AirBnB is great for choosing an affordable place where we can stay as a group. And finally, Spinnr and YouTube will be perfect for jamming to the hippest music tracks while we're basking in the sun at the beach or walking around the country's summer capital. Of course, social networking apps like Facebook, Twitter, and Instagram, along with new ones for video sharing like Skype Qik, will let us document our adventure and share photos and clips with our friends from outside the country who won't be able to join us.

All of these amazing mobile apps and services are backed by the fast and reliable internet connection along with relevant value-added services that are provided by Smart Communications. For instance, there's the new Smart Big Bytes promo with multiple data packages that can meet your requirements as well as your budget. Also, Smart now offers Pay with Mobile so you can easily purchase photo-editing apps using your postpaid account to make your selfies become more than worthy of being posted on Instagram. Clearly, if ever we say that all of our favorite apps make summer more fun, it's because Smart is there to make them come alive and work for us.



So if you're going to ask me what's the best summer accessory or travel buddy—apart from friends and family—it's definitely Smart! With Smart Postpaid allowing you to enjoy ultra-fast internet access anywhere under the sun and giving you peace of mind with gadget insurance, you and your *barkada* can just hop on that car and drive to the hottest summer destinations where you can create lasting memories together and live more.

**Mark Milan Macanas**  
EDITOR-IN-CHIEF



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# Android One Paired with Smart's Powerful Network

Last February 17, 2015 at an exclusive venue in Makati City, Google Philippines officially launched Android One in the country.

Android One is basically a project of Google that aims to make the internet accessible to even more users around the world. They work with handset manufacturers to come up with capable yet pocket-friendly smartphones that will get the latest version of the Android operating system and will be at the forefront of software updates. Google is hoping that these devices would enable more consumers in emerging markets like the Philippines to reap the benefits of going online.

During the event, Google formally introduced Cherry Mobile One, which is crafted in partnership with one of the Philippines' biggest handset companies under the said project.

Ideal for students and yuppies, Cherry Mobile One is equipped with good technical specifications headlined by its 4.5 inch FWVGA IPS display, 5 MegaPixel autofocus camera with LED flash at the back, 2 MegaPixel fixed focus front cam for selfies, Full HD video recorder, and a 1,780 mAh battery pack. Under the hood, the phone is powered by a 1.3 GHz Quad Core ARM Cortex A7 and Mali 400 based MediaTek MT6582 chipset, has 1 GB of RAM for seamless multitasking, and 8 GB of internal storage. All of these features combine to give users a fun and productive mobile experience.

But as an Android One release, what makes Cherry Mobile One particularly special is that it comes with the latest version of Google's mobile OS, Android 5.1 Lollipop, right out of the box. On top of that, the handset is also slated to get future firmware upgrades straight from Google.



Paired with the 'nationwidest', ultra-fast mobile connection provided by Smart Postpaid, Cherry Mobile One allows you to enjoy rich online content and download the most in-demand games and applications from Google Play Store, which now offers more than 1.3 million applications.

Experience Android One with the country's biggest network! You can now get Cherry Mobile One for free with Smart Postpaid Plan 499, which also gives you Php 100 consumable, 1.5 GB of data for mobile browsing on 3G network per month, and—for the first six months—200 MB for Google Play Store app and game downloads as well as 100 MB for Android OS updates.

## GET THE CHERRY MOBILE ONE AT SMART'S PLAN 499 FOR ANDROID ONE!



Offers are subject to change without prior notice.

# Get the most out of this

## with Smart Postpaid

Unlimited text bundles are good. Unlimited calls and text bundles are better. But adding free Facebook into the mix warrants a thumbs up.

That's right, from April 1 to June 30, 2015, select Flexibundles will come with free Facebook access for all postpaid subscribers (except Freedom).

All-In Plan 800 subscribers, for example, can avail of an Unli Call and Text 599 and enjoy unlimited posting and sharing on their LTE-enabled **Huawei Ascend G620S LTE** Android smartphone!



### Unli Call and Text 599

- Unlimited calls and texts to Smart and Talk 'N Text subscribers
- Unlimited Facebook
- Validity: 30 days



Register to Unli Call and Text 599 by downloading the Smart myPostpaid app from the Google Play Store or from the Apple App Store.



## Flexibundles with FREE FACEBOOK!

Post and share your summer adventures with the most reliable network.

### More Free FB!

Do you prefer non-stop texting to other networks or are you the type of person who can talk on the phone the whole day? Here are more Smart Postpaid Flexibundle options for you.



#### Unli All Net Text 599

- Unlimited texts to Smart, Talk 'N Text, Sun Cellular, and Globe subscribers
- Unlimited Facebook
- Validity: 30 days



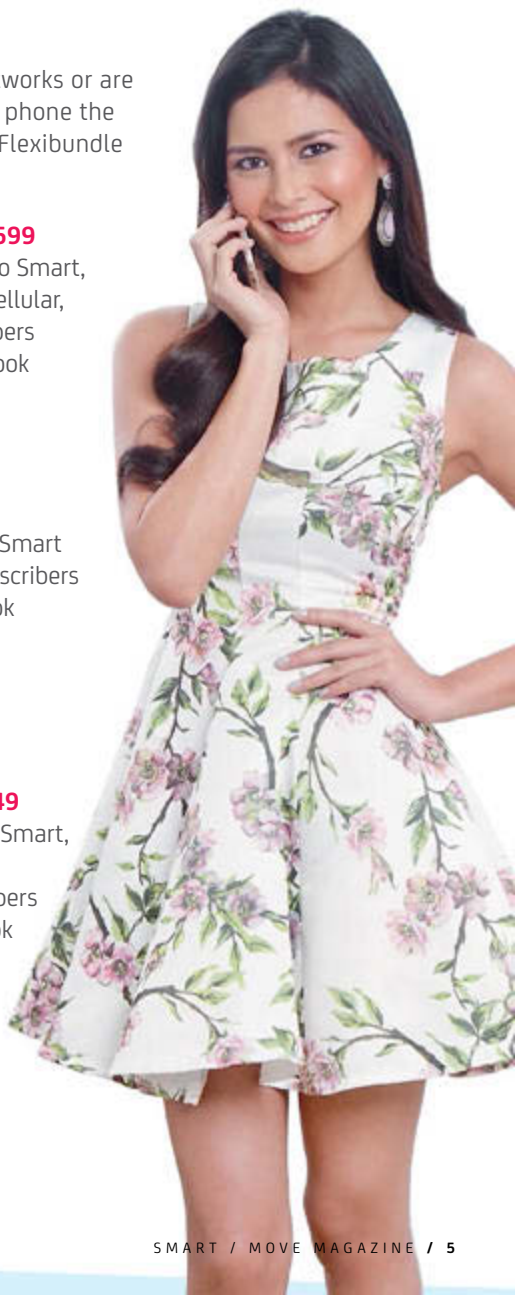
#### Unli Talk 499

- Unlimited calls to Smart and Talk 'N Text subscribers
- Unlimited Facebook
- Validity: 30 days



#### Unli Tri-Net Text 349

- Unlimited texts to Smart, Talk 'N Text and Sun Cellular subscribers
- Unlimited Facebook
- Validity: 30 days



For more inside info on the latest updates and freebies, visit [www.smart.com.ph/postpaid](http://www.smart.com.ph/postpaid).

Offers are subject to change without prior notice.

# Surf the Web

Worrying about your mobile data consumption should be the least of your problems. That's why the Philippines' wireless leader created the All Month Surf and Big Bytes Flexibundles so you can enjoy the country's best mobile Internet without the hassle.

## LIGHT IS RIGHT: WHAT CAN I DO ALL DAY WITH ALL-MONTH SURFING\*?



PACKAGE	INCLUSION	ADDITIONAL FEATURES	VALIDITY	KEYWORD	PRICE
ALL SURF 250	All Week Surfing* + 1GB for open access	1GB Spinnr + 100MB YouTube/Skype Qik	7 days	ALLSURF250	P250
ALL SURF 799	All Month Surfing* + 3GB for open access	1GB Spinnr + 100MB YouTube/Skype Qik	30 days	ALLSURF799	P799
ALL SURF 999	All Month Surfing* + 4.5GB for open access	1GB Spinnr + 100MB YouTube/Skype Qik	30 days	ALLSURF999	P999

\*With an allowance of 50MB/day. Once exceeded, you will experience 2G speeds on these light and casual Internet activities. Regular speeds will refresh the following day.

## SATISFY YOUR APPETITE—TAKE A BIG BYTE!

If you're hungry for more of the web, there's the new Smart Big Byte Flexibundles. As its name suggests, you can consume larger chunks of data any way you want. Do everything from simple social media posts to full-on downloading, uploading, and streaming!

PACKAGE	INCLUSION	ADDITIONAL FEATURES	VALIDITY	KEYWORD	PRICE
BIG BYTES 299	1.7GB open access	1GB Spinnr + 100MB YouTube/Skype Qik	30 days	BIG299	P299
BIG BYTES 799	4.5GB open access	1GB Spinnr + 100MB YouTube/Skype Qik	30 days	BIG799	P799

**To avail, text <KEYWORD> TO 9999**

Promo period until May 15, 2015 only.  
Per DTI-FTEB SPD Permit No. 3583 Series of 2015.  
Per DTI-FTEB SPD Permit No. 3425 Series of 2015.  
Offers are subject to change without prior notice.

# Way You Want!

ENJOY FAST 3G SPEEDS WITH ANY OF THESE PACKAGES

**Introducing Skype Qik.**  
Making everyday a little more fun!



## Get a kick out of Skype Qik

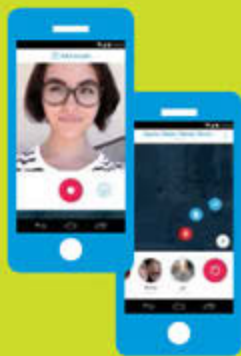
### WHAT IS SKYPE QIK?

Skype Qik is a video messaging app that makes it easy to share, laugh, and chat with groups of friends right from your phone. Set up a group and show your friends where you're at and what you're up to. New messages are added to a conversation timeline and disappear after two weeks.

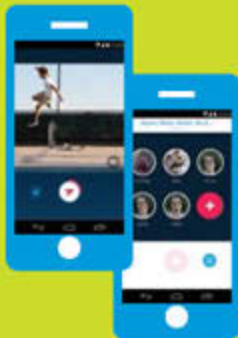
### WHAT CAN YOU DO WITH QIK?



- Start a conversation any time—no login, usernames, or passwords needed.



- Create groups in a flash: grab a bunch of friends from your phone's address book and start a private chat.



- Pre-record and send video clips called "Qik Flicks"



- Can't respond to a Qik right away? Create thumbs-ups, smileys and more—starring you!

Get Skype Qik today! Simply download it from the Apple App Store, Google Play Store or Windows Phone Store.



Offers are subject to change without prior notice.

# HELLO, KATY!

*As we prepare for Katy Perry's upcoming Manila concert in May, here's a look back on her best onstage moments.*



If pop stars ever had a litmus test to prove their talent and mettle as artists, then the live performance must probably be it. It takes practice, technical coordination, and a whole lot of raw ability to sound better than their records live, that even established music greats are still subject to criticism whenever they fall short of sounding amazing on stage. Thankfully for us, pop sensation Katy Perry takes to live performances brilliantly, as she graces the Philippines once again on May 7 for her *Prismatic World Tour*.

It certainly has been a colorful life onstage for Katy Perry, whose concerts are known for larger-than-life sets and crazy concepts and colors come to life. But, as the star that she is, Katy is never engulfed by the grandiosity of her surroundings—in fact, she thrives in it. Whether stripped down to mere vocals or against a gargantuan arena, Katy is a total performer anyway. So, while we anticipate her return to the country—this time her concert's set to be at the 55,000-seater Philippine Arena—it does good to look back at Katy Perry's most exciting moments onstage.

**LIVING A TEENAGE DREAM.** It was 2010, and Katy Perry was present in a Melbourne hotel when she learned of a high school formal that was taking place in the venue. In an absolute act of spontaneity and fun, she entered the venue with her entourage and sang to Beyoncé's "Single Ladies (Put A Ring On It)" and her very own "California Girls", much to the surprise and delight of her teenage audience.

**KISSED A BOY, AND HE LIKED IT.** When Katy visited Manila back in 2012, she left a trail of broken hearts as she handpicked one lucky guy from the





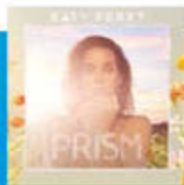
audience to kiss on stage. This antic was Katy's notorious stunt from her *California Dreams* tour, where she promoted her hit songs "Waking Up In Vegas", "Last Friday Night (T.G.I.F.)", and the phenomenal "Firework".

**THE ONE THAT GOT AWAY.** It took the world by surprise when Katy Perry released *Part of Me*, a reality movie that documented her life on tour. Included in *Part of Me* was Katy's devastating breakup with then-husband Russell Brand. In one scene, as Katy prepared to be lifted onto the stage at the start of a concert—she had just received news on tour that Brand was to officially separate from her—Katy instantly switched from morose to jubilant, proving her extraordinary commitment to put on a great show.

**BY THE GRACE OF GOD.** It was an out-of-character performance that turned out to be one of Katy Perry's most beautiful

moments on stage. Her live rendering of the last track from *Prism*, the Christian Pop single "By The Grace of God" against a stark white stage with only two overblown silhouettes dancing in the background—Katy herself was in all white—was one of the 2015 Grammy's most unforgettable performances.

**BABY SHE'S A FIREWORK.** In what she proclaims is one of the most important highlights of her career, Katy was picked to frontline the famed halftime performance at the Superbowl, the most watched show in TV history. Audiences all around the world marveled at Katy's powerful vocals and out-of-this-world set—she sang on top of a walking mechanical giant tiger, danced with kitschy sharks and beach balls, and ended her 12-minute performance suspended in the air with paper lanterns and actual fireworks all around the stadium.



**Win 2 VIP concert tickets to watch Katy Perry live in Manila!**

### Here's How:

1

Subscribe\* to the Spinnr LIVE package and get 30 days All-day Music via Spinnr!

Text LIVE to 4067 using your Smart/Sun/TNT

*\*All Smart, Sun, and PLDT subscribers on Postpaid plans bundled w/ free Spinnr may skip this step*

2

Register on the Promos tab (in-app or at [www.spinnr.ph](http://www.spinnr.ph)) for free

3

Optional: Earn more raffle entries by downloading more Katy Perry songs! The more entries, the more chances of winning!

### JOIN NOW!



Offers are subject to change without prior notice.

# Summer Smartphone Romance With the

Reignite old connections and spark new ones this summer with Smart's data volume allowance, better handset choices, and non-

The season of the sun is simply a great time to head out and bond with your BFFs and meet new people! So make sure that you are ready to foster these new connections with Smart's hottest smartphones and Postpaid Data Plans with non-stop music streaming through Deezer Premium+ for 24 months if you avail on or before April 15, 2015.

## On Smart Data Plan 999

Light on the budget but heavy on features. With it you get an Instagram-friendly 5 GB of data allowance, 99 texts to all networks, and 9 minutes of calls also to all networks.

### Match it with these:



#### SONY XPERIA M2 AQUA LTE

Get it free at Plan 999 (30-month contract)

Shine bright even under the harsh summer sun with these specs.

- 4.8" qHD IPS display
- 8 MP Exmor RS (main), VGA (front) camera
- 1 GB RAM, 8 GB storage expandable up to 32 GB via microSD
- 1.2 GHz quad-core processor
- 2300 mAh battery with Stamina Mode
- Waterproof & Dust-resistant
- Free handset insurance for 30 days



#### SAMSUNG GALAXY A3 LTE

Get this high-performing fashion statement that's surely going to get you noticed.

- 4.5" Super AMOLED display
- 8 MP with LED Flash (main), 5 MP (front) camera
- 1 GB RAM, 16 GB storage expandable up to 32 GB via microSD card
- 1.2 GHz quad-core processor
- 1900 mAh battery
- Ultra-slim, full-metal body
- Free handset insurance for 30 days



#### SAMSUNG GALAXY CORE LTE + TREND LITE

Get them free at Plan 999 (30-month contract)

Core LTE	Trend Lite
4.5" qHD thin-film transistor	4.0" thin-film transistor
5 MP (main), VGA (front)	3 MP
1 GB RAM, 8 GB storage; expandable up to 64 GB via microSD	512 MB RAM, 4 GB storage
1.2 GHz dual-core	1 GHz single-core
2100 mAh	1500 mAh

## On Smart Data Plan 1500

For the bonafide busy bee-slash-social butterfly, here's a plan that keeps things in order with its robust 7 GB data allowance, 120 texts to all networks, and 60 minutes of calls to all networks.

### Match it with these:



#### SAMSUNG GALAXY A5 LTE

Get it free at Plan 1500

The Galaxy A5 boasts of impressive numbers that's chic enough to fit your lifestyle.

- 5.0" Super AMOLED display
- 13 MP with LED Flash (main) 5 MP (front) camera
- 2 GB RAM, 16 GB storage expandable up to 64 GB via microSD card
- 1.2 GHz Quad-Core processor
- 2300 mAh battery
- Ultra-slim, full-metal body
- Free handset insurance for 30 days



#### LG G3 LTE

Get it at Plan 1500 with just a one-time cash-out of P800

This unit proves that indeed, simple is the new smart!

- 5.5" QHD display
- 13 MP rear camera and 2.1 MP front camera
- 2 GB RAM, 16 GB storage, upgradable via micro SD card
- 2.5 GHz Quad-Core Processor
- 3000 mAh battery
- Free handset insurance for 30 days

## On Smart Data Plan 2000

For the woman who's always on the go during these summer months, only this plan's uncompromising features would suffice: 9 GB of data volume allowance, 200 texts to all networks, and 150 minutes to all networks.

### Match it with these:



#### SAMSUNG GALAXY S5 LTE

Get it free at Plan 2000

Now here's a phone that's designed to keep up with all your adventures.

- 5.1" full HD Super AMOLED display
- 16 MP with HDR (main), 2 MP (front) camera
- 2 GB RAM, 16 GB storage expandable up to 64 GB via microSD card
- 2.5 GHz quad-core processor
- 2800 mAh battery
- IP67 Dust and Water-resistant
- Free handset insurance for 30 days

# The Best Plans in Town!

Best postpaid offers that have bigger  
stop music streaming.



## SONY XPERIA Z3 LTE

Get it free at Plan 2000  
(30 month contract)

As any top-of-the-line phone in the market, the Z3 has you covered from blazing performance to a one-of-a-kind style that helps you stand apart from the rest of the crowd.

- 5.2" full HD IPS TRILUMINOS display
- 20.7 MP Exmor RS (main), 4K video 2 MP Exmor R (front) camera
- 3 GB RAM, 16 GB storage expandable via microSD card
- 2.5 GHz Quad Core processor
- 3100 mAh battery with 2.0 day stamina
- IP55/IP58 Dust-Proof & Water-Proof
- Free handset insurance for 30 days

## On Smart Data Plan 3000

For the lady that simply must have the best, this plan is for you. It boasts a whopping 10 GB data volume allowance, 240 texts to all networks and 300 minutes to all networks. Text all you want, call all you want, and surf all you want on this plan!

## Match it with these:



## SAMSUNG GALAXY NOTE 4 LTE

Get it free at Plan 3000

- 5.7" Quad HD Super AMOLED display
- 16 MP with Smart OIS and Live HDR (main) 3.7 MP with Wide Selfie Mode (120°) camera
- 3 GB RAM, 32 GB internal storage expandable up to 64 GB via microSD card
- 1.9 GHz Quad + 1.3 GHz Quad (Octa Core) Processor
- 3220 mAh battery with Fast Charging
- Advanced S Pen functionalities
- Free handset insurance for 30 days



## The Top Picks



## SAMSUNG GALAXY S6 LTE

Get it free at Data Plan 2000 with a one-time cash out of P5,500

This is Summer 2015's ultimate must-have phone. First off, it once again redefines the meaning of what a technological beauty is. It's sleek, ultra-thin, and features a display that redefines the word stunning. It also has the capability to charge its battery for four hours of use in just 10 minutes, and also features one of the most advanced cameras in phones today that launches fast, focuses fast, and snaps fast.

- 5.1" full HD Super AMOLED
- 16 MP with HDR & OIS (main), 5 MP (front)
- 32 GB & 64 GB variants
- 2.1 GHz Quad-Core + 1.5 GHz Quad-Core
- 2550 mAh
- Free handset insurance for 30 days



## SAMSUNG GALAXY S6 EDGE LTE

Get it free at Data Plan 3000

The S6 Edge boasts the same specs as the S6 with one major beauty change: it has a hard-to-look-away-from dual curved glass. From the front, it appears as if the borders on the sides of the phone have been completely taken over by a glass panel. It's a look that once again blazes a trail for smartphones.

- 5.1" full HD Super AMOLED
- 16 MP with HDR & OIS (main), 5 MP (front)
- 32 GB & 64 GB variants
- 2.1 GHz Quad-Core + 1.5 GHz Quad-Core
- 2600 mAh
- Free handset insurance for 30 days



## LENOVO S90 LTE

Get it free at Data Plan 999

The Lenovo S90 is the perfect phone for summer as it features picture-perfect front and rear cameras with best-in-class light sensors and flash. It's a phone designed to get you the best selfies and beach photos as assisted by its powerful quad-core processor.

- 5.0" HD Super AMOLED
- 13 MP with PureCel sensor (main), 8 MP fixed-focus (front)
- 2 GB, 32 GB Storage
- 1.2 GHz Quad-Core
- 2300 mAh
- Free handset insurance for 30 days

Offers are subject to change without prior notice.



# SMART HELPS INSURE EVERYONE'S LATEST DEVICES

FREE for the first 30 days for new and recontracting subscribers.

Scared of thieves, snatchers, or your clumsy hands? Fear not because Smart Gadget Shield is here to protect your precious piece of technology.



## WHAT IS GADGET SHIELD?

Gadget Shield protects your devices from accidental damage or theft. This awesome insurance service will cover the cost of repair or replacement for damaged devices or stolen ones.

The service is free for the first month for new or recontracting Smart Postpaid subscribers in stores and telesales.

1. **Theft Benefit**—Are you worried that the person behind you will snatch your phone from your bag pocket? Ease your worries and avail of Smart Postpaid's Gadget Shield to insure your handset against theft.
2. **Accidental Damage Benefit**—What if you accidentally fall into the pool with your phone in your pocket? Good thing Smart Postpaid Gadget Shield can replace your phone without questions asked!

## AVAIL OF YOUR BENEFITS

1. Call the **Smart Gadget Shield Hotline** at **(+632) 859-2701** or send an email to [gadgetshield.ph@acegroup.com](mailto:gadgetshield.ph@acegroup.com).
2. Accomplish the form and pay for the participation fee and for your latest outstanding Smart Postpaid Bill.
3. Submit the form to ACE Insurance for processing.
4. The replacement handset will be delivered to you.

Offers are subject to change without prior notice.



# APP-SHOPPING ON GOOGLE PLAY STORE IS NOW POSSIBLE WITH YOUR SMART ACCOUNT



CHARGE APP PURCHASES STRAIGHT TO YOUR BILL. NO CREDIT CARD NEEDED!

The Google Play Store is home to some of the best content in the smartphone business today. From the most exciting mobile games to the next great rock album, Google Play Store has become a go-to choice.

**THE ONLY PROBLEM:** Not everyone has access to a credit card to pay for all those Clash Of Clans games, extra lives in Candy Crush Soda Saga or to download all those cool, fancy filters on Camera 360 and VSCO Cam. In short, many of us try to make do with the free versions.

**THE SOLUTION:** Wireless services leader Smart has come up with the genius solution. With Smart's Pay-With-Mobile service, soon you can pay for all those exciting apps, games, songs, movies, books, and magazines using your Smart postpaid account. So yes, you won't have to go through the entire process of getting a credit card just to play competitively in

a mobile game or to get some cool new content!

You can download all the games, apps and content that you want, and even make in-app purchases so that you can get the full experience on your devices! And with every purchase, you'll always receive a text notification to make it easier for you to monitor your spending.

Simply put, the Pay-With-Mobile service unlocks your device's full potential and continues Smart's commitment to bring users the best Internet for all their needs!

***\*Local VAT of 12% will be charged on top of the Google Purchase. Total fee will be charged against your mobile number.***

## THE STEPS ARE VERY EASY TOO:

1 Go to the Google Play entry of the app you wish to purchase.

2 Accept the terms and conditions

3 Click on continue and select **"Enable Smart Communications billing"**

4 Enter your phone number and name on the corresponding fields (e.g. 09181234567 Juan Dela Cruz)

5 Enter your billing address (e.g. 6799 Smart Tower Ayala Ave, Makati City Philippines)

6 Click **"Accept"** to confirm and save your details

7 Click **"Buy"** and enter your Google password to complete the purchase. Note: Click on **"Never ask me again"** to bypass this step the next time you purchase an app.

8 You just purchased your first app. A confirmation SMS will be sent to your phone

Offers are subject to change without prior notice.

# PAY EARLY, GET LUCKY!

Have a chance to be one of our lucky winners by paying your bills on or before your due date

## Raffle Prizes won from May 2014 to July 2014



May 2014

Joel Camacho • Argie Recilla • Marilyn Cordon

June 2014

Jennelyn Banog • Kristelle Pinili • Maricar Castillo

July 2014

Rex Sumalinog • Velly Seguisa • Michael Navarro

## Raffle Prizes won from August 2014 to September 2014



August 2014

Mark Labrador • Aina Nova • Marifranz Moral

September 2014

Reil Centino • Rosalie Branco • Crislen Garcia

## Raffle Prizes won on October 2014



October 2014

Rochelle Ednalaga • Adam Buenaagua  
Mary Grace Ramones

Are you the next winner of one of these premium raffle prizes? Just pay your bills in full and on time to earn a raffle entry! March winners will be drawn on April 13, 2015.



1<sup>st</sup> prize

iPhone 6  
(16GB)



2<sup>nd</sup>

iPhone 5c  
(16GB)

3<sup>rd</sup>

iPhone 4s  
(8GB)



Promo until March 30, 2015.  
DTI-FTEB SPDPermit No.8199 series of 2015.  
Offers are subject to change without prior notice.

# Which Krispy Kreme Doughnut Are You?

When the going gets tough—or when your sweet tooth needs satisfying—a doughnut is always the smartest reward. See which among our favorites you'll crave for the most.

## 1. Which among these books have you read more than twice?

- A.** *Pride and Prejudice*. I'm a sucker for the oldies but goodies.
- B.** *Confessions of a Shopaholic*. I love clothes and accessories!
- C.** Any good book with a surprise ending.

## 2. What's your description of an ideal date?

- A.** A traditional candlelit dinner always gets me.
- B.** Couple shopping and trying out as many clothes as we can.
- C.** An unexpected midnight drive out of town.

## 3. Who's your style icon?

- A.** Audrey Hepburn—she's timeless.
- B.** Carrie Bradshaw—she could put on anything and look good!
- C.** Lady Gaga—you never know what she's up to next.

## 4. How do you describe your favorite dessert?

- A.** Sweet and simple.
- B.** With as many toppings as possible!
- C.** Always packed with a sweet filling.

## 5. Your life mantra?

- A.** "Keep it classy!"
- B.** "You can never be too overdressed."
- C.** "Life is full of surprises!"

### If you got mostly A's: YOU'RE A CLASS ACT

You love anything timeless and simple, and know that being simple is always the best and sweetest choice.

**We recommend:** The Krispy Kreme Original Glazed, Peanut Butter and Kreme, Glazed Chocolate Cake

### If you got mostly B's: YOU LOVE DRESSING UP

You just love piling up on the clothes and accessories. As far as style is concerned, the more toppings, the better!

**We recommend:** Chocolate Iced Glazed with Sprinkles, Snickers Classic, Hershey's Cookies and Kreme

### If you got mostly C's: YOU'RE FULL OF SURPRISES!

You live for the unexpectedly sweet moments, and know that someone's worth is truly from within.

**We recommend:** Kreme Brulee, Dulce de Leche, Powdered Strawberry Filled



Did we wake up your sweet tooth? Treat yourself with Krispy Kreme goodies by using your Smart Rewards Points!

### Step 1:

Text **POINTS** to **9800** to check your point balance. Text **REWARDS** to **9800** if not yet registered to SMART Rewards.

### Step 2:

Use your Rewards Points to redeem Krispy Kreme Treats! Text **REDEEM** <keyword> to **9800**.

KEYWORD <b>KKTreat50</b>	Redeem <b>7,500</b> SMART Rewards pts. Krispy Kreme P50 Treat
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KEYWORD <b>KKTreat100</b>	Redeem <b>15,000</b> SMART Rewards pts. Krispy Kreme P100 Treat
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KEYWORD <b>KKTreat200</b>	Redeem <b>30,000</b> SMART Rewards pts. Krispy Kreme P200 Treat
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### Step 3:

As soon as you receive your **bCODE\*** from Smart via text, present it to participating **Krispy Kreme** stores to enjoy your free treat! You can also enjoy a free upsize on your beverage!

Go to [www.smart.com/ph/rewards](http://www.smart.com/ph/rewards) to know more.



\*bCODEs are valid for claiming until July 31, 2015. SMART Rewards T&Cs apply. Promo runs until May 31, 2015. Per DTI FTEB-SPD Permit No. 1070, Series of 2015. Offers are subject to change without prior notice.

***Best be protected from the unexpected.***

*Let SMART Postpaid's Gadget Shield Insurance Program protect your smartphone!*



Coverage includes:



**Theft**



**Accidental damage**



**SMART Protect**

Live worry-free! Gadget Shield is **FREE** for the first **30** days for new and recontracting Smart Postpaid subscribers in Stores and Telesales.

Ask any SMART sales personnel on how you can avail or visit [www.smart.com.ph](http://www.smart.com.ph) to know more.



